

Spec. Coll.
qLD
1017
.C818
V43
v.10-11
Sept.-June
1989-90
Suhr

**SPECIAL
COLLECTIONS**

Suhr Library
Venango Campus
Clarion University
of Pennsylvania
1801 West First Street
Oil City, PA 16301

Spec. Coll.

71

72

101

1018

143

v. 10-11

Sept-June

1987-96

Venango Campus

NOV 07 2008

SEP - 1 1989

VENANGO CAMPUS
BULLETIN

PUBLISHED BY THE STUDENTS AND FACULTY

WELCOME BACK

STUDENT SENATE/HOMECOMING QUEEN

If you are interested in running for either, petitions must be RETURNED by 4PM Thursday Sept. 7th. The elections will be held Monday Sept. 11th thru Thursday Sept. 14th.

STEAK FRY AND BACK TO SCHOOL DANCE

When? Sept. 14th - Fun & Frolic - find out the results of your elections. More to come.

GATEWAY CLIPPER CAPTAIN'S DINNER DANCE CRUISE SEPT. 16

Fun - Fun - Fun Reservations a must. Look for sign up sheets and more information.

ON THE SERIOUS SIDE:

Tutoring - a free service - don't let class problems build. Get help before they start. MH 209

NEED SOME EXTRA \$

The Piccadilly Deli and Bakery (our snack bar) is seeking individuals with culinary interests. Anyone interested in employment - Stop by the snack bar - hours flexible.

DROP - ADD

Wednesday, Thursday, Friday, August 30, 31, September 1. See information in your registration packet. 9AM - 4PM/ Friday 4PM DEADLINE!!

WORK - STUDY

Positions are still available - Applications are available in Frame Office.

BULLETIN

Information for the Bulletin does not grow on trees. If you have club news, or any info you want published, pick up a Bulletin Slip from Frame Office and place it in the Comm/Bulletin mail box.

ALO

Adult Learners Organization reception on Thursday August 31. Watch for where.



NORTHWEST CENTER FOR CANCER CARE

CANCER AWARENESS WEEK

September 3 - 9, 1989

The Northwest Center for Cancer Care is in the process of planning the first annual Cancer Awareness Week. One of the objectives of this project is to increase the community's awareness of cancer care, emphasizing prevention and early diagnosis and treatment. We also want to insure that our community is aware of the comprehensive, specialized cancer treatment available at the Northwest Center for Cancer Care provided by knowledgeable, caring professionals interested not only in the technical aspects of cancer treatment, but in the special needs of each individual patient that helps to improve the quality of life.


To help attain these objectives, we have developed an education program, What You Need to Know About Cancer, that we would like to begin presenting to our area service clubs, organizations, and schools Thursday and Friday of Cancer Awareness Week (September 7 and 8) and then on an ongoing basis throughout the year.

We will also have available on an ongoing basis, several other Cancer Education Programs, including: What You Need to Know About

- Breast Cancer
- Testicular Cancer
- Lung Cancer
- Colorectal Cancer
- Radiation Oncology

All of these programs will be presented by health professionals from Franklin Regional Medical Center. They will be offered through our Communications Department Speakers' Bureau. To schedule a program for Cancer Awareness Week, September 7 or 8, or for any other time, contact the Communications Department at Franklin Regional Medical Center at (814) 437-4519.

We believe that education is an effective weapon in the fight to control cancer.



Digitized by the Internet Archive
in 2010 with funding from
Lyrasis Members and Sloan Foundation

VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER
PUBLISHED BY THE STUDENTS AND FACULTY
VOL. 10 NO. 2 SEPTEMBER 5, 1989



POETRY CONTEST

Over \$11,000 in prizes will be awarded to the best 152 poets in a contest sponsored by the American Poetry Association. The grand prize is \$1,000 and the first prize is \$500. Other prizes include cash awards and publication. Entry is free. Anyone is welcome to enter. Entries must be submitted by December 31, 1989 to American Poetry Association, Dept. CT-70, 250-A Potrero St., PO BOX 1803, Santa Cruz, CA 95061-1803. Poets may send up to 6 poems, each no more than 20 lines with the name and address on each page.

According to publisher Robert Nelson, students walked away with 24 of the prizes in the contest last June. Every poem submitted is considered for publication in the *American Poetry Anthology*, the leading collection of contemporary verse.

All information to be put in the Bulletin must be submitted by 2 pm the Thursday before the week it is to be printed. NO EXCEPTIONS WILL BE MADE!

Undecided Major or Career Questions?

If you are having questions about your choice of major or career plans, then a visit to the Career Lab in room 211 Montgomery might be what you need. With the use of the *Discover* guidance computer program, you can incorporate your values, interests, and

Are
Feeling
or



You
Anxious
Nervous
About School?

There is someone you can talk to right on campus. Counseling is provided for this and any other problems you may have. The Counseling Center is located at 206 Montgomery Hall. The hours are:



JOIN ALO FOR A CRUISE ON THE GATEWAY CLIPPER!

skills into a list of occupations that closely suit your individual needs. The Career Lab is open from 9:30 am to 6:00 pm on Tuesdays and Wednesdays and other times by appointment only.

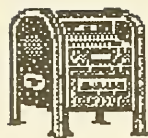
EARN CREDITS THROUGH TESTING

The College Level Examination Program (CLEP) offers students and non-students the opportunity to earn college credits by examination. Applications/brochures for the CLEP exams are available in Frame Office and at the Career Lab at 211 Montgomery Hall. The CLEP test dates for the Fall '89 semester are: Friday, Sept. 15 at 9 am Friday, Oct. 20 at noon Friday, Nov. 17 at 9 am Tests are taken in room 113 Montgomery Hall (MH).

Mon. 5 - 9 pm
Tues. & Wed. 10 am - 2 pm
Appointments and alternate times can be arranged at the Center or at the Frame Office. Walk-ins are accepted, and all counseling is free and confidential.

ALO Gateway Clipper Trip

ALO is sponsoring a Dinner/Cruise on the Gateway Clipper ship *Majestic* on Saturday, Sept. 16. A bus will leave the campus at 4 pm and return around 12 am. Tickets are available in the Frame Office. Cost of tickets is \$15 and includes the bus rides. There will be no reserved tickets. Tickets must be paid for when you sign up. Seating is limited to 40 persons. Limit: 2 guests per student.



NOTICE TO ALL CLUBS:

The Club Office is for your use. Mailboxes are there for a purpose. From now on, all communication to the clubs will be through these mailboxes. It is the responsibility of the club to pick up their mail.

Club Meetings

ALO - First meeting on Thursday, Sept. 7 at noon in Rhodes. This is a pizza lunch meeting. All students on campus are invited to attend. Come and join the fun. Meet other students and begin a new network of friends. We look forward to seeing you there.

OUTDOOR CLUB - First meeting on Thursday, Sept. 7 at noon in Rhodes.



Steak Fry

A steak fry and back-to-school dance will be held on Thursday, Sept. 14. It is sponsored by the Student Senate. All students are welcome to come to this delicious and fun gathering.

Petitions for Student Senate/Homecoming Queen are due in the Frame Office by 4 pm on Thursday, Sept. 7.



Word Processing Course

An Apple IIe Word Processing workshop is being offered to the first 12 people who sign up in the Frame Office before Thursday, Sept. 14. This workshop is waitlisted, so others who sign up after 12 spaces have been filled may be included if someone drops out. This workshop is free. No previous computer background is needed. **SIGN UP TODAY!**

The Lost and Found is located in the Frame Administrative Office. If you have lost or found a book, notes, or anything else, go to the Frame Office.

Class Withdrawals

Withdrawal from classes before the ninth week of the semester may be made without penalty (a failing grade). After the beginning of the tenth week, a course from which the student withdraws shall be finally reported with a grade of "E". Exceptions may be made for withdrawals due to extenuating circumstances such as illness. Any student withdrawing from the university either during or at the end of a semester must notify the Office of the Registrar of his/her intention to withdraw and the reason why. This is necessary for completion of the student's permanent record.

Cancer Awareness Week

September 3 - 9, 1989

The Northwest Center for Cancer Care is in the process of planning the first annual Cancer Awareness Week. One of the objectives of this project is to increase the community's awareness of cancer care, emphasizing prevention, and early diagnosis and treatment. The Center also wishes to insure that our community is aware of the comprehensive, specialized cancer treatment available at the Center, provided by knowledgeable, caring professionals interested not only in the technical aspects of cancer care but in the special needs of each individual patient. To help obtain these objectives, the Northwest Center for Cancer Care has developed an education program: *What You Need to Know About Cancer*. The Franklin Regional Medical Center would like to begin presenting this to our area service clubs, organizations, and schools on Thursday, September 7 and Friday, September 8. Also available on an ongoing basis are several other Cancer Education Programs, including *What You Need to Know About Breast Cancer*

*Testicular Cancer
Lung Cancer
Colorectal Cancer
Radiation Oncology*

All of these programs are presented by health professionals from the Franklin Regional Medical Center. They will be offered through the Communications Dept. Speakers' Bureau. To schedule a program for Cancer Awareness Week, (only offered Sept. 7 & 8), or at any other time during the year, contact the Communications Dept. at Franklin Regional Medical Center at (814) 437-4519. Education is an effective weapon in the fight to control and beat cancer.



IMPORTANT DATES

- Sept. 5 - Class Withdrawal begins 10 am in Frame Office
- Sept. 7 - ALO meeting, noon in Rhodes
- Outdoor Club meeting, noon in Rhodes
- Student Senate/Homecoming Queen petitions due, 4 pm Frame Office
- "Goal Setting" program presented by Dr. Kole, 11:30 am & 4 pm in room 212 MH
- Sept. 11 - Student Senate/Homecoming Queen elections begin
- Credit/No Record begins 10 am in Frame Office
- Sept. 14 - Steak Fry at Rhodes sponsored by Student Senate

Credit/No Record

After a student has earned a minimum of 30 semester hours of credit and if he/she is in good academic standing, he/she may schedule a maximum of 6 courses or 18 semester hours for Credit/No Record. One such course may be taken each semester or summer session. Courses in one's major field may not be taken for Credit/No Record. The option for taking a course for Credit/No Record is limited to the first 5 weeks of each semester, and the first 4 days of any 5-week summer session. Satisfactory work in a Credit/No Record course shall be shown on the grade report as "CR", with no record and no credit for less than satisfactory work. "CR" is the equivalent of a "C" grade or better. Should the student wish to change the "CR" grade to a letter grade, he/she must retake the course.

The Campus Snack Bar is under the new management of the Piccadilly Deli & Bakery. This week's specials are: Tues. Hot dog & sm. drink - \$1.10; Wed. Hamburger, fries, sm. drink - \$2.50; Thur. Tuna sandwich & sm. drink - \$1.70. Snack bar hours are: Mon.-Thur. 10 am - 6:30 Grill is closed at 6:10 pm.



LIBRARY HOURS

Mon.-Thur.	8 am - 9 pm
Fri.	8 am - 4:30 pm
Sat.	9 am - 4 pm
Sun.	closed

Getting Through The Semester - With A Little Help From The Tutoring Office

Free tutoring is available to all Venango Campus students each semester of the academic year! If you are experiencing difficulty in a particular subject or have problems with basic reading, writing, and study skills, then tutoring is for you.

The Tutoring Office, located in rooms 209 and 210 of Montgomery Hall, is staffed by a graduate assistant/tutor supervisor and four student tutors. Their hours and the subjects they tutor will be advertised soon on posters and in future *Bulletin* articles.

To request a tutor, simply stop by the Tutoring Office and complete a Tutor Request Form. A tutor whose hours are most convenient for you will then be assigned to help

you.

In addition to individual tutoring sessions and special group sessions when the need arises, the Tutoring Office offers academic success programs each semester on topics such as dealing with math anxiety and organizing writing assignments. Look for notice about these helpful programs on posters and in future *Bulletin* articles.

Learning on the computer is very effective and enjoyable for some students. The Tutoring Office houses a collection of math and reading software for use by Venango students. Special software is also available for analyzing your present level of study skills.

If you would like further information about the tutoring services at Venango Campus, please phone Tutor Supervisor Linda Hawkins at 676-6591 ext. 273 or stop by and visit. Linda's hours for the fall semester are as follows:

Mon. & Thur. 10 am - 5 pm
Tues. & Wed. 10 am - 1 pm
Remember, free help is yours for the asking!

ID INFO

ID validation stickers are in the Frame Office. For those who missed getting their photo taken last week, you can have it taken in Rhodes on Tuesday, Sept. 5, from 5pm - 6:30 pm, or on Wednesday, Sept. 6, from 5 pm - 6:30 pm. If these hours are inconvenient for you, please contact Rosann Rookey in room 213 MH or at 676-6591, ext. 271.

Psychosocial Cancer Program

Hamot Medical Center of Erie, PA, in conjunction with the University of Pittsburgh and the Pittsburgh Cancer Institute, will offer a 3-day psychosocial cancer program for professional nurses at Venango Campus this fall. "Community Cancer Care: Meeting Patient and Family Support and Referral Needs" will be offered at Venango Campus on 3 consecutive Tuesdays: Sept. 12, 19, and 26 from 8 am - 4 pm. Registration fee for the 22 hour program is \$25. Call the campus at 677-6107 for further information.



Extramural Sports Conference Sign-Ups

Venango Campus will be participating in the Northwestern Extramural Sports Conference this semester. The first Mixed Bag Tournament will be held October 7 at the Franklin Miller Sibley Complex located next to the Franklin Regional Medical Center. The Mixed Bag Tournament consists of golf, Frisbee-golf, tennis, and softball. Any interested students should sign up at the Clerk's Desk in Rhodes Center. For further information, contact Larry Grill at 432-5086.

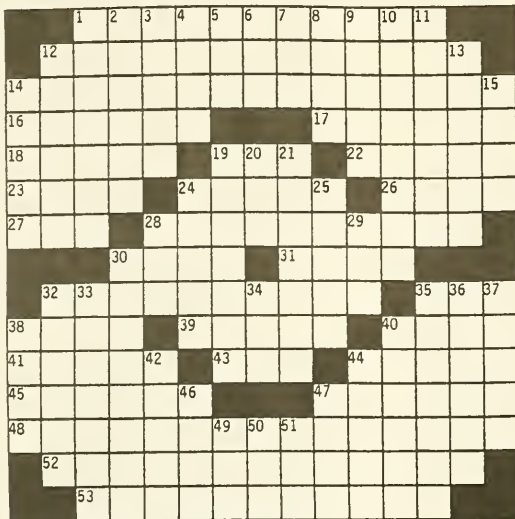
Candidates for Student Senate and Homecoming Queen are asked to please include a picture of yourself with your petition.

Student Senate is looking to fill a paid secretary's position. For more info, contact the Senate via their mailbox in the Frame Office.

INTRAMURAL SPORTS TEAM MEMBERS WANTED

Students and their guests who are interested in softball, tennis, or outdoor sand volleyball should sign up at the Clerk's Desk in the Rhodes Center. Practices will be held from 6 pm till sundown at the Miller Sibley Sports Complex near the Franklin Regional Medical Center. These practices are every Monday, Wednesday, and Thursday. For more information, call Larry Grill at 432-5086.

collegiate crossword



© Edward Julius

ANSWER WILL BE PUBLISHED NEXT WEEK!

ACROSS

- 1 Where one might study Andy Warhol's works (3 wds.)
- 12 Enrollment into college
- 14 "Calculus Made Simple," e.g. (2 wds.)
- 16 Evaluate
- 17 Extremely small
- 18 Follows a recipe direction
- 19 Belonging to Mr. Pacino
- 22 Of land measure
- 23 Meets a poker bet
- 24 — Gay (WW II plane)
- 26 Capri, e.g.
- 27 Belonging to Mayor Koch
- 28 Irritate or embitter
- 30 Train for a boxing match
- 31 — and the Belmonts
- 32 Processions
- 35 Diet supplement (abbr.)
- 38 Scottish historian and philosopher
- 39 College in Greenville, Pa.
- 40 The Venerable —
- 41 "...not with — but a whimper."
- 43 Return on investment (abbr.)
- 44 Pondered
- 45 Belonging to Mr. Starr
- 47 Part of the classics (2 wds.)
- 48 Possible place to study abroad (2 wds.)
- 52 Small school in Canton, Ohio (2 wds.)
- 53 Orson Welles film classic (2 wds.)
- 19 Political disorder
- 20 — cit. (footnote abbreviation)
- 21 Traveled on a Flexible Flyer
- 24 Glorify
- 25 Prospero's servant in "The Tempest"
- 28 Well-known government agency
- 29 American league team (abbr.)
- 30 Fictional hypnotist
- 32 Style exemplified by Picasso
- 33 "She's ——" (from "Flashdance")
- 34 Be unwell
- 35 Visible trace
- 36 Think
- 37 Woman's undergarment
- 38 Commit —kiri
- 40 — burner
- 42 "...for if I — away..."
- 44 Actress Gibbs
- 46 African antelope
- 47 Well-known TV band-leader
- 49 Pince— (eyeglass type)
- 50 1968 film, " — Station Zebra"
- 51 1965 film, " — Ryan's Express"

DOWN

- 1 Those who are duped
- 2 "Go unto —"
- 3 Fourth estate
- 4 Goals
- 5 Well-known record label
- 6 Well-known king
- 7 151 to Caesar
- 8 Prefix meaning milk
- 9 Confused (2 wds.)
- 10 — husky
- 11 Most immediate
- 12 Like a sailboat
- 13 Cash register key (2 wds.)
- 14 En — (as a whole)
- 15 Auto racing son of Richard Petty

SEP 11 1989

VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 3

SEPTEMBER 11, 1989

All information to be put in the Bulletin must be submitted by 2 pm the Thursday before the week it is to be printed. NO EXCEPTIONS WILL BE MADE!

STEAK FRY

A steak fry and back-to-school dance will be held on Thursday, Sept. 14. The steak fry begins at 4 and the dance is from 9 to midnight. The cost is \$2 per person. Sign up and pay in the Frame Office ahead of time to insure you get a steak. It is sponsored by the Student Senate.



ALO Gateway Clipper Trip

ALO is sponsoring a Dinner/Cruise on the Gateway Clipper ship *Majestic* on Saturday, Sept. 16. A bus will leave the campus at 4 pm and return around 12 am. Tickets are available in the Frame Office. Cost of tickets is \$15 and includes the bus rides. There will be no reserved tickets. Tickets must be paid for when you sign up. Seating is limited to 40 persons. Limit: 2 guests per student.

SAIL WITH ALO
ON THE GATEWAY
CLIPPER SHIP
MAJESTIC.



Get your tickets now!

?????

Undecided

Major or Career Questions?

If you are having questions about your choice of major or career plans, then a visit to the Career Lab in room 211 Montgomery might be what you need. With the use of the *Discover* guidance computer program, you can incorporate your values, interests, and skills into a list of occupations that closely suit your individual needs. The Career Lab is open from 9:30 am to 6:00 pm on Tuesdays and Wednesdays and other times by appointment only.

Earn Credits Through Testing

The College Level Examination Program (CLEP) offers students and non-students the opportunity to earn college credits by examination. Applications/brochures for the CLEP exams are available in Frame Office and at the Career Lab at 211 Montgomery Hall. The CLEP test dates for the Fall '89 semester are: Friday, Sept. 15 at 9 am Friday, Oct. 20 at noon Friday, Nov. 17 at 9 am Tests are taken in room 113 Montgomery Hall (MH). If you have questions regarding the CLEP testing program, please call Dr. Kole at 676-6591, ext. 270.



Club Meetings

ALO - Organizational meeting on Thursday, Sept. 14 at noon in Rhoades.

IMPORTANT DATES

- Sept. 11 - Student Senate/Homecoming Queen elections begin
- Credit/No Record begins 10 am in Frame Office
- Sept. 14 - Steak Fry from 4 - 7 pm and Dance from 9 - midnight at Rhoades, sponsored by Student Senate
- Elections for Homecoming Queen & Student Senate and



LIBRARY HOURS

Mon.-Thur. 8 am - 9 pm
Fri. 8 am - 4:30 pm
Sat. 9 am - 4 pm
Sun. closed



Crafty Doings!

For those people who are interested in doing crafty things in their spare time, have we got a deal for you! The Creative Artisans is holding its first organizational meeting of the school year on Thursday, September 7, at 10 am in Rhoades Center, and everyone who is interested in learning some new leisure life skills is welcome to join the group. We need to plan our year of activities; we already have some specialty food workshops planned, but we need to brainstorm topics for more workshops, anything from more food to other artistic crafts. This is a good time for people to join together for leisurely companionship and to share any craft skills of common interest. Please come and share your ideas!



Mother of one would like to do babysitting in her home on Grandview Road. Has references if needed. Please call! 676-6054.

Student Senate is looking to fill a paid secretary's position.

For more information, contact the Senate via their mailbox in the Frame Office.



Are You Having a Bad Day?

Talking to someone might help. Counseling is available free right here on campus as a service to Campus students. The Counseling Center is located at 206 Montgomery Hall. Hours are:
Mon. 5 - 9 pm
Tues. & Wed. 10 am - 2 pm
Alternate hours can be arranged if these times are inconvenient. To make an appointment, come to the Counseling Center during the above hours or call Venango Campus ext. 278. Appointments can also be made at the Administrations Office in Frame. Walk-ins are accepted, and all counseling is free and strictly confidential.

Psychosocial Cancer Program

Hamot Medical Center of Erie, PA, in conjunction with the University of Pittsburgh and the Pittsburgh Cancer Institute, will offer a 3-day psychosocial cancer program for professional nurses at Venango Campus this fall. "Community Cancer Care: Meeting Patient and Family Support and Referral Needs" will be offered at Venango Campus on 3 consecutive Tuesdays: Sept. 12, 19, and 26 from 8 am - 4 pm. Registration fee for the 22 hour program is \$25. Call the Campus for further information.

Congratulations!

To the first year nursing students who were recently elected as officers of the Nursing Club:
Carolyn Andrews - Vice-Prez.
Diane Buck - Junior Secretary
Julie Stralko - Junior Treasurer

Other officers of Nursing Club are as follows:
Lori Schneider - President
Beth McConnell - Treasurer
Linda Yeagley - Secretary

The Campus Snack Bar specials this week are:

Mon. - Chicken patty, Fries, Sm. drink \$2.85;
Tues. - Cheeseburger, Fries, Sm. drink \$2.60;
Wed. - Egg salad sand., Sm. drink \$1.45;
Thur. - Grilled cheese sand., Fries, Sm. drink \$2.25.

Snack bar hours are:
Mon.-Thur. 10 am - 6:30
Grill is closed at 6:10 pm.

Election Results

Election results will be announced at the post-steak fry dance on Thursday, Sept. 14.

Watch for news about the First Annual Faculty/Student Family Picnic!

THE BULLETIN IS RUNNING HAPPY ADS AGAIN THIS SEMESTER. ADS COST \$.25 WITH NO LIMIT ON LENGTH (WITHIN REASON). SUBMIT TO THE BULLETIN MAILBOX IN FRAME BEFORE 2 PM ON THURSDAY.



Word Processing Course

An Apple IIe Word Processing workshop is being offered to the first 12 people who sign up in the Frame Office before Thursday, Sept. 14. This workshop is waitlisted, so others who sign up after 12 spaces have been filled may be included if someone drops out. This workshop is free. No previous computer background is needed. SIGN UP TODAY!

The Lost and Found is located in the Frame Administrative Office. If you have lost or found a book, notes, or anything else, go to the Frame Office.

Class Withdrawals

Withdrawal from classes before the ninth week of the semester may be made without penalty (a failing grade). After the beginning of the tenth week, a course from which the student withdraws shall be finally reported with a grade of "E". Exceptions may be made for withdrawals due to extenuating circumstances such as illness. Any student withdrawing from the university either during or at the end of a semester must notify the Office of the Registrar of his/her intention to withdraw and the reason why. This is necessary for completion of the student's permanent record.

Credit/No Record

After a student has earned a minimum of 30 semester hours of credit and if he/she is in good academic standing, he/she may schedule a maximum of 6 courses or 18 semester hours for Credit/No Record. One such course may be taken each semester or summer session. Courses in one's major field may not be taken for Credit/No Record. The option for taking a course for Credit/No Record is limited to the first 5 weeks of each semester, and the first 4 days of any 5-week summer session. Satisfactory work in a Credit/No Record course shall be shown on the grade report as "CR", with no record and no credit for less than satisfactory work. "CR" is the equivalent of a "C" grade or better. Should the student wish to change the "CR" grade to a letter grade, he/she must retake the course.

POETRY CONTEST

Over \$11,000 in prizes will be awarded to the best 152 poets in a contest sponsored by the American Poetry Association. The grand prize is \$1,000 and the first prize is \$500. Other prizes include cash awards and publication. Entry is free. Anyone is welcome to enter. Entries must be submitted by December 31, 1989 to American Poetry Association, Dept. CT-70, 250-A Potrero St., PO BOX 1803, Santa Cruz, CA 95061-1803. Poets may send up to 6 poems, each no more than 20 lines with the name and address on each page.

According to publisher Robert Nelson, students walked away with 24 of the prizes in the contest last June. Every poem submitted is considered for publication in the *American Poetry Anthology*, the leading collection of contemporary verse.



Tutoring Hours for Fall '89

Free tutoring is available to Venango Campus students in a variety of subjects. The following is a schedule of hours and subjects for the tutoring staff:

Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills

Mon & Tue 10 am - 5 pm
Wed & Thur 10 am - 1 pm

David Heath; Math, Biology, Education Courses

Mon & Fri 12:30 - 5:30pm

Gonnie Jablonski; Math, Accounting, English Comp

Mon & Wed 10 am - 12pm
2 - 4 pm
Tues. 2 - 4 pm

Don Kellner; Math, Accounting

Mon & Wed 5 - 6:30 pm
7:45 - 8:45 pm
Tues. 5 - 6:30 pm
Thur. 5 - 8:30 pm

Jim Bickel; Chemistry, Physics, Earth Science

Mon & Wed 8 - 10 am
Tue & Thur 1 - 4 pm

The Tutoring Office operates out of rooms 209 and 210 of Montgomery Hall. To request a tutor, students should complete a Tutor Request Form available outside room 209 or phone Linda Hawkins at 676-6591 ext. 273. Remember, free help is yours for the asking!

Q. What happens when you brush your teeth with gunpowder?

A. You're likely to shoot off your mouth!

Smoking Pathology Article #1

As one facet of Venango's Smoking Cessation Program, Dr. Belzer will provide the Campus Bulletin with a series of short articles that examine the ways that cigarette smoke damages the body. This is the first in that series. You can get additional information by contacting Bill Belzer.

Cilia are small hair-like structures found in the lung's air ways. They continuously sweep pollutants, viruses, bacteria, and other damaging material out of the lungs. This activity helps to protect the delicate membranes in the lung from destruction. The first reports to Congress on the health consequences of cigarette smoke (mandated by law almost 25 years ago) recognized that an immediate effect of breathing in smoke is the paralysis of these cilia. The result is the settling of mucus, bacteria, viruses, and pollutants deeper into the lung where they produce the increased incidence of respiratory tract infections, lung cancer, and destruction of lung tissue (emphysema) found in smokers.

One of the earliest signals that the cilia have stopped functioning is the appearance of microscopic mucus plugs coughed up in saliva. These mucus plugs or casts are pieces of condensed mucus that settled into and impacted the small air tubes in the lungs. Even back in the mid-60's it was known that these same mucus plugs appear in the saliva of non-smokers who are exposed to cigarette smoke, but they do not occur in non-smokers who live in a smoke-free environment. However, not until the 1980's have researchers begun to study and document the damage to non-smokers suffered from breathing in second-hand smoke.

Research with dogs showed that after the loss of ciliary function, continued smoking (for about 44 days) leads to the outright destruction of many cilia. By 420 days of inhaling cigarette smoke, the cells that produce cilia were destroyed and replaced by a different type of cell that does not make cilia, thereby removing the major defense for the lung.

The study did not specify how long it takes, after the body is no longer exposed to smoke, for the cells to return and grow new cilia; but this does happen (perhaps within weeks?) and thus begins to return this important protective function in the lungs. Quitting smoking is not only good for you but for those around you.

Notice to Clubs: Club presidents are asked to please contact Beth Davidson this week. She can be found Mon - Thur from 2 - 4 pm in Dr. Haynes office in Montgomery.



Extramural Sports Conference Sign-Ups

Venango Campus will be participating in the Northwestern Extramural Sports Conference this semester. The first Mixed Bag Tournament will be held October 7 at the Franklin Miller Sibley Complex located next to the Franklin Regional Medical Center. The Mixed Bag Tournament consists of golf, Frisbee-golf, tennis, and softball. Any interested students should sign up at the Clerk's Desk in Rhodes Center. For further information, contact Larry Grill at 432-5086.

INTRAMURAL SPORTS TEAM MEMBERS WANTED

Students and their guests who are interested in softball, tennis, or outdoor sand volleyball should sign up at the Clerk's Desk in the Rhodes Center. Practices will be held from 6 pm till sundown at the Miller Sibley Sports Complex near the Franklin Regional Medical Center. These practices are every Monday, Wednesday, and Thursday. For more information, call Larry Grill at 432-5086.

collegiate camouflage

Can you find the hidden legal terms?

ABATE	FRANCHISE
ACT OF GOD	LIEN
AGENCY	MARTIAL LAW
ARBITRATION	NOVATION
BAILEMENT	PATENT
CAVEAT EMPTOR	PRIVITY
CONSIDERATION	PROBATE
DAMAGES	PROOF
DEED	PROXY
DURESS	REMEDY
EASEMENT	SUBPOENA
ESCROW	SUMMONS
ESTOPPEL	TORT
FELON	TRUST

S	L	E	P	P	O	T	S	E	R	F	O	X	Y	T
H	E	C	O	X	N	U	D	I	S	L	D	D	X	S
A	A	A	O	E	T	A	B	A	R	C	E	O	O	U
R	N	G	T	N	M	R	O	B	I	N	R	C	R	B
T	O	A	L	A	S	B	A	O	E	V	I	O	T	P
I	P	T	G	B	A	I	T	R	O	T	O	N	W	O
A	T	E	P	I	L	T	D	P	V	Y	O	A	Y	E
L	S	R	O	M	S	R	E	E	T	A	G	N	X	N
L	U	V	E	S	E	A	X	I	R	E	F	E	O	A
A	R	N	E	T	S	T	V	T	N	A	O	I	R	T
W	T	R	O	E	V	I	A	C	E	P	T	L	P	N
S	U	B	M	F	R	O	Y	E	F	A	C	I	O	N
U	R	E	S	P	A	N	X	Y	V	N	A	L	O	T
S	N	O	M	M	U	S	Y	O	T	A	E	V	A	N
T	H	E	S	I	C	H	A	R	F	C	R	O	W	

P	I	O	P	A	R	T	C	L	A	I	S				
M	A	T	R	I	C	U	L	A	T	I	O	N			
M	A	T	H	E	M	A	T	I	C	S	B	O	O	K	
A	S	S	I	S		T	E	E	N	I	S	Y			
S	I	T	I	R	S	A	L	I	S	A	I	R	E	A	I
S	E	E	S		E	N	O	L	A		I	S	I	E	
E	D	S		E	X	I	A	C	E	R	B	A	T	E	
S	I	P	A	R		D	I	O	N						
C	A	V	A	L	C	A	D	E	S		V	I	T		
H	U	M	E		T	H	I	E	L		B	E	D	E	
A	B	A	N	G		Y	L	D		M	U	S	E	D	
R	I	N	G	I	O	S				W	A	N	T	A	D
A	S	T	A	N		U	N	I	V	E	R	S	I	T	Y
M	A	L	I	O	N	E		C	O	L	L	E	G	E	
C	I	T	I	Z	E	N		K	A	N	E				

SEP 18 1989

VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER
PUBLISHED BY THE STUDENTS AND FACULTY
VOL. 10 NO. 4 SEPTEMBER 18, 1989



Tutoring Hours for Fall '89

Free tutoring is available to Venango Campus students in a variety of subjects. The following is a schedule of hours and subjects for the tutoring staff:

Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills

Mon & Tue 10 am - 5 pm
Wed & Thur 10 am - 1 pm

David Heath; Math, Biology, Education Courses

Mon & Fri 12:30 - 5:30pm

Connie Jablonski; Math, Accounting, English Comp
Mon & Wed 10 am - 12pm
2 - 4 pm
Tues. 2 - 4 pm

Don Kellher; Math, Accounting
Mon & Wed 5 - 6:30 pm
7:45 - 8:45 pm
Tues. 5 - 6:30 pm
Thur. 5 - 8:30 pm

Jim Bickel; Chemistry, Physics, Earth Science
Mon & Wed 8 - 10 am
Tue & Thur 1 - 4 pm

The Tutoring Office operates out of rooms 209 and 210 of Montgomery Hall. To request a tutor, students should complete a Tutor Request Form available outside room 209 or phone Linda Hawkins at 676-6591 ext. 273. Remember, free help is yours for the asking!

Class Withdrawals

Withdrawal from classes before the ninth week of the semester may be made without penalty (a failing grade). After the beginning of the tenth week, a course from which the student withdraws shall be finally reported with a grade of "E". Exceptions may be made for withdrawals due to extenuating circumstances such as illness. Any student withdrawing from the university either during or at the end of a semester must notify the Office of the Registrar of his/her intention to withdraw and the reason why. This is necessary for completion of the student's permanent record.

The Oil City YMCA is looking for an aerobics instructor.

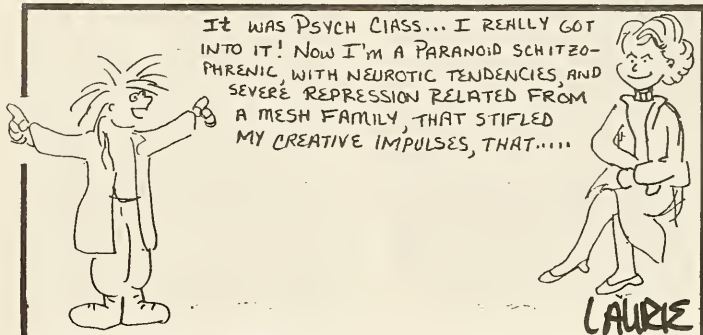
Hours would be:
M-W-F 9:30-10:30am
T-Th 9 - 10 am
Call the YMCA for
more information.



POETRY CONTEST

Over \$11,000 in prizes will be awarded to the best 152 poets in a contest sponsored by the American Poetry Association. The grand prize is \$1,000 and the first prize is \$500. Other prizes include cash awards and publication. Entry is free. Anyone is welcome to enter. Entries must be submitted by December 31, 1989 to American Poetry Association, Dept. CT-70, 250-A Potrero St., PO BOX 1803, Santa Cruz, CA 95061-1803. Poets may send up to 6 poems, each no more than 20 lines with the name and address on each page.

According to publisher Robert Nelson, students walked away with 24 of the prizes in the contest last June. Every poem submitted is considered for publication in the *American Poetry Anthology*, the leading collection of contemporary verse.



IT WAS PSYCH CLASS... I REALLY GOT INTO IT! NOW I'M A PARANOID SCHIZOPHRENIC, WITH NEUROTIC TENDENCIES, AND SEVERE REPRESSION RELATED FROM A MESH FAMILY, THAT STIFLED MY CREATIVE IMPULSES, THAT....

LAURIE



University Scholarships

Ten Clarion University Alumni Association Scholarships of \$300 each are available each year. Students at both campuses may apply. Two of the ten scholarships are reserved for children of Clarion alumni. The remaining eight may be awarded to any student. Venango Campus students have often received one or two of the total. A one-page application may be picked up in the Frame Administrative Office. It must be accompanied by a one-page typed letter explaining why you are applying. They must be received by Sept. 29. Address them to the Alumni Scholarship Committee, Clarion University Alumni House, Clarion, PA 16214. It is suggested that you mail no later than Sept. 25. Scholarships will be awarded in October. If you have any questions, contact Dr. McElhattan in room 103 Frame.



WANTED:

Anyone interested in the field of banking (and also willing to relocate to a warmer climate). Chevy Chase Savings Bank (no joke) is looking for enthusiastic individuals. They have offices throughout Maryland, Virginia, and Washington, DC. See Rosann Rookey in 213 MH for more information.

Some people's ID pictures need retaken. Check in Frame to see if you are one of them.

Wanted: A's

Are you being driven crazy by teachers, tests, or tension? Is General Psychology and Dr. Haynes making you wish you'd never decided to go to school? Why not try *Where There's A Will, There's An A*? It's a video filled with study tips to help you improve your grades. For example, it's a proven fact that those who sit in the front of the room tend to get better grades. Why not jaunt over to the library and check it out?



Student Bowling

Venango Campus students can bowl at the Seneca Lanes every Monday night. Three games for a dollar, with shoe rental of \$.50. Students MUST SHOW ID'S to bowl at this price.

Interested in Psychology?

If you have an interest in psychology, regardless of your major, there is a new club for you. The Venango Psychology Club will have its FIRST meeting on Thursday, Sept. 21 at 12:30 pm in Rhoades. The club will be involved in bringing in speakers, going to psychology conferences in exotic cities, and meeting with other Psychology Clubs. It will also be a way to meet other people on campus with similar interests. Although this club is primarily for psychology and sociology/psychology majors, everyone with an interest in psychology is encouraged to join. If you want to join, or think you might want to join, please come to the meeting. If you can't make it, but you are interested, please contact Dr. Haynes in 223 Montgomery.



Self-Defense For Women

George Etzel, certified Black Belt from the Franklin School of Kung Fu, will teach a four-week self defense class for women ages 13 and up. Classes start Monday, Sept. 18 at 7 pm at the Oil City YWCA on 109 Central Ave. Women are encouraged to attend to learn techniques of protection from attackers. Register at YWCA office (676-6528) today!

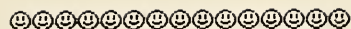
Attention Human Services Students

The Venango Coordinated Services is having its kick-off meeting on Wednesday, Sept. 27, from noon to 1 pm at the Wanango Country Club. Any interested students majoring in the human services field is welcome to go. Cost of the meal is \$5.95. The Campus is a member, so dues are covered by the campus. The purpose of this organization is to improve the quality of life and promote excellence in human service delivery and client recognition. There is a networking system set up among member organizations.

ATTENTION:

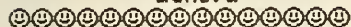
All those with dirty, muddy cars or trucks. Nursing Club students are having a Car Wash at the new Sunrise Drive-Thru Market in Seneca, from 10 am - 5 pm on Sat. Sept. 23. (Raindate is Sat. Sept. 30). \$2 for cars and \$3 for trucks.

THE CARTOON ON PAGE 1 IS
COURTESY OF CAMPUS
STUDENT LAURIE BLACK.



THE BULLETIN IS RUNNING
HAPPY ADS AGAIN THIS
SEMESTER. ADS COST
\$.25 WITH NO LIMIT ON
LENGTH (WITHIN REASON).
SUBMIT TO THE BULLETIN
MAILBOX IN FRAME
BEFORE 2 PM ON
THURSDAY.

Pam-
Godspeed in your first
year of nursing.
Big Sister,
Geneva



Are You Having a Bad Day?

Talking to someone might help.
Counseling is available free
right here on campus as a
service to Campus students.
The Counseling Center is
located at 206 Montgomery
Hall. Hours are:

Mon. 5 - 9 pm
Tues. & Wed. 10 am - 2 pm

Alternate hours can be
arranged if these times are
inconvenient. To make an
appointment, come to the
Counseling Center during the
above hours or call Venango
Campus ext. 276.

Appointments can also be
made at the Administrations
Office in Frame. Walk-ins are
accepted, and all counseling is
free and strictly confidential.



Mother of one
would like to do
babysitting in her
home on Grandview
Road. Has
references if needed.
Please call 676-6054.

Credit/No Record

After a student has earned a
minimum of 30 semester hours
of credit and if he/she is in
good academic standing, he/
she may schedule a maximum
of 6 courses or 18 semester
hours for Credit/No Record.
Courses in one's major field
may not be taken for
Credit/No Record. The option
for taking a course for
Credit/No Record is limited to
the first 5 weeks of each
semester, beginning this
semester on Sept. 11 and
ending at 4 pm on Sept. 29.
Satisfactory work in a
Credit/No Record course shall
be shown on the grade report
as "CR", with no record and no
credit for less than
satisfactory work. "CR" is the
equivalent of a "C" grade or
better.

*All information to be put
in the Bulletin must be
submitted by 2 pm the
Thursday before the
week it is to be printed.
NO EXCEPTIONS WILL BE
MADE!*

Parking Tags

Student parking permit tags
should be hung from the
rearview mirror bracket so
they can be read by the
driver (numbers facing the
rear window). Parking tickets
will begin to be distributed to
offenders this week.

*Student Senate is
looking for 2 or 3
people to be on the
movie committee.
Need to be able to
pick up movies on
Mons and Weds.*

**Whoever loves
instruction loves
knowledge, but he
who hates correction
is stupid.**



Having Problems With Your Choice of Major?

If you are having questions
about your choice of major or
career plans, then a visit to
the Career Lab in room 211
Montgomery might be what
you need. With the use of the
Discover guidance computer
program, you can incorporate
your values, interests, and
skills into a list of occupations
that closely suit your
individual needs. The Career
Lab is open from 9:30 am to
6:00 pm on Tuesdays and
Wednesdays and other times
by appointment only. A
sign-up paper is posted
outside the door for you to
reserve your time spot.

Earn Credits Through Testing

The College Level Examination
Program (CLEP) offers
students and non-students the
opportunity to earn college
credits by examination.
Applications/brochures for the
CLEP exams are available in
Frame Office and at the
Career Lab at 211 Montgomery
Hall. The CLEP test dates for
the Fall '89 semester are:
Friday, Oct. 20 at noon
Friday, Nov. 17 at 9 am
Tests are taken in room 113
Montgomery Hall (MH). If you
have questions regarding the
CLEP testing program, please
call Dr. Kole at 676-6591, ext.
270.



Creative Artisans

For anyone interested in learning creative projects, please sign up at the Clerk's Desk in Rhoades Center. Also, we would like to hear any suggestions for meeting times and any activities which would interest you. These suggestions can be given to Kelly Witherup (President), Carolyn Andrews (Vice-President), or Martha Ritter.



A day at the races

You'll remember that thrilling bugle call-to-the-races when solving this word search. All of the words are related to horse racing and should bring back some pleasant (or maybe not-so-pleasant) memories! All of the letters are used in words except the three X's.

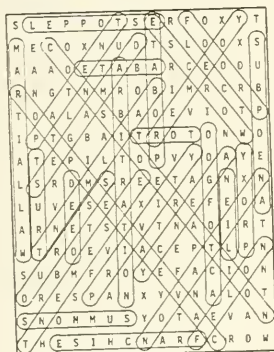
Congratulations to the new Student Senators:

1. Freshman Rep. Rob Finch
2. Bryan Ziegler
3. Daisy Mae Myers

Congratulations to the Homecoming Queen Representatives:

1. Freshman Lynn Dixon
2. Sophomore Diana McCauley

ANSWER TO LAST WEEK'S PUZZLE !



S D E R B H G U O R O H T I
H M A R G O R P U A U A U N
O S S E N R A H T C S N R V
W B E S T S I I I E R D F I
D E R B Y E O T N S O I X T
O A A A E S A F G O L C S A
W T M C R T P R F L O A D T
N I A O I S S U Y I C P R I
X L N O D D S T R A C K A O
P O P L E R W O H S T I W N
H L U S T A B L E X E E A A
J O C K E Y P O T F I N A L

THOROUGHbred	RUN
INVITATIONAL	HIT
HORSES	ABLE
HARNESS	HOW
RACES	FILLY
OFFICIAL	COLORS
MAY	JOCKEY
PROGRAM	YARDS
OUTING	WIN
SOL	TEAR
SHOWDOWN	BEST
RIDE	BEAT
DERBY	CUP
LUST	HONORS
COOL (down)	SHOW
TRACK	PLACE
AWARDS	FINAL
PURSE	STABLE
MARE	ATE
HANDICAP	TOP
BETS	ODDS
GRIT	TURF
WITS	

VENANGO CAMPUS BULLETIN

SEP 25 1989

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 5

SEPTEMBER 25, 1989



University Scholarships

ten Clarion University Alumni Association Scholarships of \$300 each are available each year. Students at both campuses may apply. Two of the ten scholarships are reserved for children of Clarion alumni. The remaining eight may be awarded to any student. Venango Campus students have often received one or two of the total. A one-page application may be picked up in the Frame Administrative Office. It must be accompanied by a one-page typed letter explaining why you are applying. They must be received by Sept. 29. Address them to the Alumni Scholarship Committee, Clarion University Alumni House, Clarion, PA 16214. It is suggested that you mail no later than Sept. 25. Scholarships will be awarded in October. If you have any questions, contact Dr. McElhattan in room 103 Frame.

Parking Tags

Student parking permit tags should be hung from the rearview mirror bracket so they can be read by the driver (numbers facing the rear window). Parking tickets are now being distributed to offenders. Students are NOT to back into parking spaces on campus and they will be ticketed for doing so.

Help Wanted

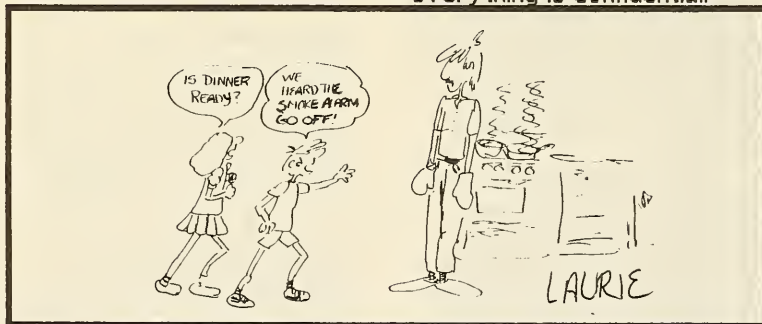
A casemanager for the domestic violence prevention agency for Clarion County is needed. Bachelor's degree in counseling psychology, social work, or other related fields required. Job entails advocacy for victims of domestic violence. Full time plus benefits. Salary based on experience. Send cover letter, resume, and references to: S.A.F.E., Inc., PO Box 108, Clarion, PA 16214. Affirmative Action and equal opportunity employer.

Things Got You Down?

Counseling is available on Campus. The Counseling Office is located at 206 MH. Hours are:

Mon 5pm - 9pm
Tues & Thur 10am - 2pm

Alternate hour can be arranged if these are inconvenient. To make an appointment, come to the Counseling Center during the above hours or call the campus at 676-6591 ext. 278. Appointments can also be made at the Frame Office. Walk-ins are accepted, and everything is confidential.



Horseback Riding

On Sunday, Oct. 1, Outdoor Club is sponsoring horseback riding at the Flying W Ranch. The first ride will be from 1 - 2:30pm and the second ride is from 2:30 - 4pm. There is a \$2 fee, refunded upon participation. Sign up at the Clerk's Desk in Rhoades. The Club is also seeking a faculty member to drive the van. Contact Jeff Smith if you are an interested faculty driver.

**All information to be put in the Bulletin must be submitted by 2 pm the Thursday before the week it is to be printed.
NO EXCEPTIONS
WILL BE MADE!**

Student Government in Action

Student Senate meetings are for all students, not just Senators. Any student is welcome to attend the meetings. Meetings are held at 1 pm every Thursday in room 113 Montgomery.

Medical Ethics Speaker

Medical ethics will be the topic of a special talk at the Campus on Oct. 4 at 7 pm in the Rhoades Auditorium. Dr. Rosa Lynn Pinkus will speak on "Medical Ethics: What Is It?".

Dr. Pinkus is an Associate Professor of Neurological Surgery, an Associate Director of Continuing Education for the Center of Medical Ethics, and a professor in Honors College, all at the University of Pittsburgh. Her current research involves: "Foregoing Life Support: Decision Making Process", funded by the National Center for Nursing Research; and "The Ethical Behavior of Engineers: An Analysis of the Space Shuttle Program", sponsored by the National Science Foundations EVIST Program.

The presentation will focus on the contemporary historical reasons underlying the trend of medical ethics and the issues discussed within the rubric of medical ethics. How can this field support, elucidate, and impact the individual faced with complex decisions regarding their own health care and/or the care of their loved ones? How can medical ethics, as a discipline, contribute to the framing and development of social policy issues related to health care?

Dr. Pinkus comes to Venango Campus as part of the Penn. Humanities Council's Commonwealth Speakers program, a statewide speakers bureau. For additional info, contact Rosann Rookey at 676-6591, ext. 271.

Both computer labs are open the following hours:

Mon-Fri 8:30am - 9:30pm
Sat 8 am - 6 pm
Sun 1 pm - 6 pm



NOTICE:

Phi Theta Kappa would like to announce that there will NOT be a rose sale this year due to the folding of the Adelphoi Chapter.



For anyone interested, volleyball will be played on Mondays from 8pm to 9:30pm, and basketball on Wednesdays from 8pm to 9:30pm, both in the Rhoades Gym. On Tuesdays and Thursdays, a choice (yours) of volleyball or basketball is offered for you to play from 11:30am to 1:30pm in the Rhoades Gym.

ATTENTION

Those students needing to take HPE 326 Adapted Phys Ed. This class will be offered at Venango Campus **THIS SPRING SEMESTER ONLY**. This class will not be offered here again until the Spring semester of 1992. Preregistration begins mid-October, so sign up as soon as it starts!

Stress Management Program

Dr. Jim Kole is offering to teach you how to better manage the stress in your life. This informative and helpful program will be held on Thursday, Sept. 28 in room 212 Montgomery at two different times: the first is at 11:30 am; the second at 4 pm. Attend these and learn how manage your stress.

Editorial Note

The Bulletin would like to take this opportunity to thank campus student Laurie Black for her cooperation in letting us use her cartoons. We appreciate it greatly and extend our sincerest thanks.

Diane Becker

Letter to the Editor:

Editor:

Having recently resigned from student senate, I would like to take this opportunity to thank everyone for their support and assistance during my term of office. I enjoyed being a senator and being the president last semester. However, for personal reasons I felt it was time to resign. I wish the new senators and senate officers a very successful year. Again, thanks for everything!
sincerely,
Beth Davidson

It is not enough to have a good mind. The main thing is to use it well.

-Descartes

Having Problems With Your Choice of Major?

If you are having questions about your choice of major or career plans, then a visit to the Career Lab in room 211 Montgomery might be what you need. With the use of the *Discover* guidance computer program, you can incorporate your values, interests, and skills into a list of occupations that closely suit your individual needs. The Career Lab is open from 9:30 am to 6:00 pm on Tuesdays and Wednesdays and other times by appointment only. A sign-up paper is posted outside the door for you to reserve your time spot.

Earn Credits Through Testing

The College Level Examination Program (CLEP) offers students and non-students the opportunity to earn college credits by examination. Applications/brochures for the CLEP exams are available in Frame Office and at the Career Lab at 211 Montgomery Hall. The CLEP test dates for the Fall '89 semester are: Friday, Oct. 20 at noon Friday, Nov. 17 at 9 am. Tests are taken in room 113 Montgomery Hall (MH). If you have questions regarding the CLEP testing program, please call Dr. Kole at 676-6591, ext. 270.



*Some people's ID
pictures need
retaken. Check in
Frame to see if you
are one of them.*

Wanted: A's

Are you being driven crazy by teachers, tests, or tension? Is General Psychology and Dr. Haynes making you wish you'd never decided to go to school? Why not try *Where There's A Will, There's An A*? It's a video filled with study tips to help you improve your grades. For example, it's a proven fact that those who sit in the front of the room tend to get better grades. Why not jaunt over to the library and check it out?

Tutoring Hours for Fall '89

Free tutoring is available to Venango Campus students in a variety of subjects. The following is a schedule of hours and subjects for the tutoring staff:

Mon & Tue 10 am - 5 pm
Wed & Thur 10 am - 1 pm

David Heath; Math, Biology,
Education Courses
Mon & Fri 12:30 - 5:30pm

Connie Jablonski; Math,
Accounting, English Comp
Mon & Wed 10 am - 12pm
2 - 4 pm
Tues. 2 - 4 pm

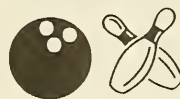
Don Kellner; Math, Accounting
Mon & Wed 5 - 6:30 pm
7:45 - 8:45 pm
Tues. 5 - 6:30 pm
Thur. 5 - 8:30 pm

Jim Bickel; Chemistry, Physics,
Earth Science
Mon & Wed 8 - 10 am
Tue & Thur 1 - 4 pm

The Tutoring Office operates out of rooms 209 and 210 of Montgomery Hall. To request a tutor, students should complete a Tutor Request Form available outside room 209 or phone Linda Hawkins at 676-6591 ext. 273. Remember, free help is yours for the asking!

Attention Human Services Students

The Venango Coordinated Services is having its kick-off meeting on Wednesday, Sept. 27, from noon to 1 pm at the Wanango Country Club. Any interested students majoring in the human services field is welcome to go. Cost of the meal is \$5.95. The Campus is a member, so dues are covered by the campus. The purpose of this organization is to improve the quality of life and promote excellence in human service delivery and client recognition. There is a networking system set up among member organizations.



Student Bowling

Venango Campus students can bowl at the Seneca Lanes every Monday night, three games for a dollar, with shoe rental of \$.50. Students MUST SHOW ID'S to bowl at this price.

Class Withdrawals

Withdrawal from classes before the ninth week of the semester may be made without penalty (a failing grade). After the beginning of the tenth week, a course from which the student withdraws shall be finally reported with a grade of "E". Exceptions may be made for withdrawals due to extenuating circumstances such as illness. Any student withdrawing from the university either during or at the end of a semester must notify the Office of the Registrar of his/her intention to withdraw and the reason why. This is necessary for completion of the student's permanent record.

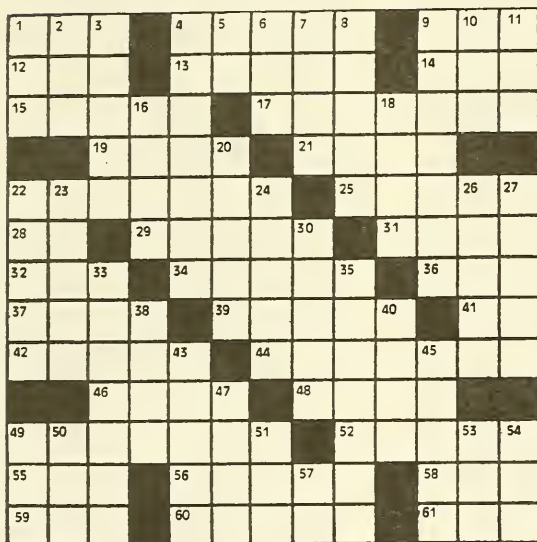
Congratulations
to these new Student
Senate officers: Beth
McConnell, president;
Merrilee Perkins,
vice-president; John
Kluck, secretary/
treasurer; and new
Senator Diana
McCauley.

Student/Faculty Picnic

Student Senate is sponsoring a picnic for students, faculty, and their families at Miller Sibley in Franklin on September 30. There will be free pop, hot dogs, and potato chips, but please bring a salad or tureen dish to add to our festivities. Students will challenge the faculty with their athletic prowess in various games. There is no cost and sign up in the Frame Office or in Rhoades. The exact time will be on the sign-up sheets.

Answer to A Day at the Races

~~S D E R B H C U O N O H T I~~
~~H M A R G O R P U A J A U N~~
~~O S S E N A A T C S N R V~~
~~W H E S T S I I E R D F I~~
~~D E R B Y R O T N S O X T~~
~~O A A A E S A T G O L C S A~~
~~W T M C E T R R R L O A D T~~
~~N I A O S S O Y I C P R I~~
~~X L N O D D S T R X C K A O~~
~~P O P L E R W O H A T T I W N~~
~~H L U S T A B L E X E R A A~~
~~J O C K E Y P O T F I N A X~~



Breaktime Crossword

- | | | |
|----------------------------|-----------------------|--------------------------|
| 1. Oversize | 44. Crying | 11. To marry |
| 4. Titles to property | 46. Red vegetable | 16. Foot digits |
| 9. Seat in a church | 48. Police incursion | 18. Snooty person |
| 12. Highest card | 49. Metal workers | 20. Thong |
| 13. Joint in the arm | 52. Leg joints | 22. Uncertainty |
| 14. A street (abbr.) | 55. Century | 23. Penetrate |
| 15. Paid for living spaces | 56. Drench | 24. Scatter |
| 17. Consecrated | 58. Noah's vehicle | 26. Captured |
| 19. Small children | 59. Fishing device | 27. Injury from a bee |
| 21. Period of fasting | 60. Guide a car | 30. Smile insultingly |
| 22. Abandons | 61. Utter | 33. Made possible |
| 25. Sounds horn | | 35. Person at the podium |
| 28. Opposite of off | | 38. Bound |
| 29. Classifies | DOWN | 40. Revolve rapidly |
| 31. Unruly kid | 1. Where beer is sold | 43. Requires |
| 32. Type of Indian | 2. Frozen water | 45. Creative thoughts |
| 34. Folklore stories | 3. Men | 47. Kind of running |
| 36. Do it on snow | 4. Lay waste to | 49. Big confrontation. |
| 37. Made crooked | 5. Elevated railway | 50. Self-image |
| 39. Looks secretly | 6. --- and flow | 51. Prosecute |
| 41. 14th letter | 7. Barbie or GI Joe | 53. Historical period |
| 42. Railroad cars | 8. Sugary | 54. Firmament |
| | 9. Members of clergy | 57. A direction (abbr.) |
| | 10. Adam's partner | |

29 1989

VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 6

OCTOBER 2, 1989

ATTENTION

Those students needing to take HPE 326 Adapted Phys Ed. This class will be offered at Venango Campus **THIS SPRING SEMESTER ONLY**. This class will not be offered here again until the Spring semester of 1992. Preregistration begins mid-October, so sign up as soon as it starts!

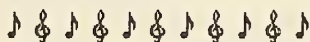
NOTICE:

Phi Theta Kappa would like to announce that there will NOT be a rose sale this year due to the folding of the Adelphoi Chapter.

Some student ID pictures need retaken. Check in Frame to see if you are one of them.

Yearbook Staff Needed

The Campus Yearbook needs 5 to 7 people to work on the yearbook. If interested, leave your name and phone number in the yearbook mailbox in Frame Office. Positions need to be filled by Oct. 11. Please respond by Oct. 5.



Concert Series Organized

The first of four concerts brought to you by the Venango County Community Concert Association will be on Saturday, Oct. 7 at 8 pm the New York Theatre Ballet will perform at the Oil City High School. Student Senate has purchased 10 tickets to be used by any students who wish to attend. Contact Rosann Rookey in 213 MH for more info.



All information to be put in the Bulletin must be submitted by 2 pm the Thursday before the week it is to be printed. NO EXCEPTIONS WILL BE MADE!

Top College Women Sought

Glamour magazine is launching its annual search for the Top Ten College Women Competition. Ten juniors from colleges and universities throughout the country will be selected on the basis of their academic achievements and their involvements in personal, campus, or community activities. This year, winners will be selected from 5 distinct categories. A panel of editors will study the entries in the 5 categories:

1. Creative Arts/ Communications/ Humanities
 2. Science and Technology/ Health
 3. Politics/ International Relations
 4. Business and Economics/ Entrepreneurship
 5. Public Service
- Winners will be featured in the October 1990 issue. For more info or an application, con-

tact *Bulletin* editor Diane Becker in room 211 MH or via the *Bulletin* mailbox in Frame.

Both computer labs are open the following hours:
Mon-Fri 8:30am - 9:30pm
Sat 8 am - 6 pm
Sun 1 pm - 6 pm



Attention all Skiers!

All students interested in joining Ski Club should sign up on the sheet in Rhoades on Monday, October 2. First timers are welcome. The first club meeting will be later in October.



Join Forces in Learning with a Study Group

Are you struggling with certain classes and wondering if you're the only one? Maybe you've checked the tutoring schedule and it doesn't list a tutor for the subject you need. Consider forming a study group!

By getting together on a regular basis with classmates who face similar academic challenges, your learning will become active rather than passive. Study group members help each other learn by drilling each other in onformation like definitions and lists, practicing skills like solving math problems, analyzing complex issues, and discussing probable test questions to reduce test anxiety.

If you would like assistance in forming a study group, contact Tutor Supervisor Linda Hawkins in 209 MH or at 676-6591 ext. 273.

Money Talks

I've never been poor, only broke. Being poor is a frame of mind. Being broke is only a temporary situation.

-Mike Todd



Study Abroad Programs

The winter study abroad program is open to graduate/undergraduates and interested non-students. This winter, the program is offering two trips. The first is "Ireland/England - Culture and Communications: A Twin Perspective". This two-week experience (Dec. 26 - Jan. 10) of Ireland and England will highlight each country's culture and focus on the remarkable artistic and written traditions through which each country has preserved and communicated its culture. The second program is entitled "Ancient Egypt/Classical Rome" and runs from Dec. 30 - Jan. 13. Participants will travel first in Egypt, then in Rome. In Egypt, emphasis will be placed on the Old Kingdom (Age of the Pyramids) and the New Kingdom (Age of the Empire). The first days in Cairo, Gizeh, Sakkara, and Memphis examine the contributions of the Old Kingdom. The next days will be spent on a Nile cruise from Aswan to Luxor. The last part of the tour takes you to ancient Rome, capital of the immense Roman Empire. For more information, contact *Bulletin* editor Diane Becker in 211 MH or via the *Bulletin* mailbox in Frame.



Pre-registration is just around the corner. Don't wait until the last minute to pre-register. Why not contact your advisor today?

Club News

ALO meets the first and third Thursday of each month. The next meeting will be held on Oct. 5 at 12:20 pm in Rhoades. All students on campus are invited to attend. We'll be looking forward to seeing you there!

PSYCHOLOGY CLUB is meeting on Thursday, October 5 at 12:30 in Rhoades. If you are a psychology major or have some interest in psychology, be sure to come! This will be a very important meeting because we will be electing officers, adopting a constitution, and making plans for the year. If you have any questions, please contact Dr. Haynes in 223 MH.

Learn to Concentrate

On Thursday, October 5, Dr. Kole will present "Developing Concentration Skills" at 11:30 am and again at 4 pm in room 212 MH. Learn to concentrate in class and when you are studying.

Spaghetti Dinner

Keep watching the *Bulletin* for information about the upcoming spaghetti dinner. The dinner will be open to the public. It will be held at the Oil City VFW on Oct. 21. Plan on attending and bringing your friends and neighbors with you. This will be the one and only time you'll see various club officers wait on tables. There is a sign up sheet in Rhoades. It is not necessary for you to sign up, but this will give us an idea of how many are attending. **ALL PROCEEDS WILL BENEFIT THE CAMPUS GAZEBO FUND!**



Medical Ethics Speaker

Medical ethics will be the topic of a special talk at the Campus on Oct. 4 at 7 pm in the Rhoades Auditorium. Dr. Rosa Lynn Pinkus will speak on "Medical Ethics: What Is It?".

Dr. Pinkus is an Associate Professor of Neurological Surgery, an Associate Director of Continuing Education for the Center of Medical Ethics, and a professor in Honors College, all at the University of Pittsburgh. Her current research involves:

"Foregoing Life Support: Decision Making Process", funded by the National Center for Research; and "The Ethical Behavior of Engineers: An Analysis of the Space Shuttle Program", sponsored by the National Science Foundations EVIST Program.

The presentation will focus on the contemporary historical reasons underlying the trend of medical ethics and the issues discussed within the rubric of medical ethics. How can this field support, elucidate, and impact the individual faced with complex decisions regarding their own health care and/or the care of their loved ones? How can medical ethics, as a discipline, contribute to the framing and development of social policy issues related to health care?

Dr. Pinkus comes to Venango Campus as part of the Penn. Humanities Council's Commonwealth Speakers program, a statewide speakers bureau. For additional info, contact Rosann Rookey at 676-6591, ext. 271.

ALO members will be attending the Tri-State ALO Conference in New Kensington on Oct. 6-8. If anyone else is interested in attending, contact Daisy Myers NOW.

Help Wanted

A casemanager for the domestic violence prevention agency for Clarion County is needed. Bachelor's degree in counseling psychology, social work, or other related fields required. Job entails advocacy for victims of domestic violence. Full time plus benefits. Salary based on experience. Send cover letter, resume, and references to: S.A.F.E., Inc., PO Box 108, Clarion, PA 16214. Affirmative Action and equal opportunity employer.



For anyone interested, volleyball will be played on Mondays from 8pm to 9:30pm, and basketball on Wednesdays from 8pm to 9:30pm, both in the Rhoades Gym. On Tuesdays and Thursdays, a choice (yours) of volleyball or basketball is offered for you to play from 11:30am to 1:30pm in the Rhoades Gym.

Parking Tags

Student parking permit tags should be hung from the rearview mirror bracket so they can be read by the driver (numbers facing the rear window). Parking tickets are now being distributed to offenders. Students are NOT to back into parking spaces on campus and they will be ticketed for doing so.



CUP Theatre Production

The Clarion University Theatre is presenting Mark Medoff's play *Children of a Lesser God* on October 11 through 14 in The Little Theatre in Clarion. Winner of the Tony Award, the Drama Desk Award, and the Outer Critics Circle Award for the best play of the season, this deeply moving, beautifully written play details the romance and marriage of a spirited deaf girl and the devoted (and hearing) young teacher whom she meets at the school for the deaf. Individual tickets go on sale 10 days prior to the opening of the show at \$4 (\$3 for children 12 and under). A season ticket covering this and three other productions is available for \$13. These other three productions will be explained in future editions of the *Bulletin*.

Editorial

Anyone interested in the numerical results of the Homecoming Queen/Student Senate elections, please see Rosann Rookey in 213 MH.

Summer Jobs

Think summer 1990... Over 52,000 jobs, all at recreational and tourist facilities across the country. Many offer summer housing. Some start recruitment in November, and most have completed their summer staffing by February. For more information, send a 4 1/8 x 9 1/5 inch self-addressed stamped envelope to: Summer Jobs, Box 9045, Appleton, Wisconsin 54911.

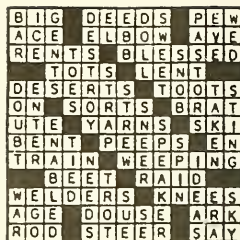
Student Senate Open Meeting

All students are invited to a special Student Senate meeting to be held at 1 pm on October 12 in the Rhoades Auditorium. At this meeting, the Senate will explain to the attending students the function of the Student Senate. Afterwards, there is a meeting of all club Presidents and/or Treasurers with Senate Treasurer John Kluck. All clubs **MUST** have a representative present if they wish to expend their funds.



Swimming

Students can now swim at the YMCA for free every Friday night from 8pm - 9pm. You must show your student ID to participate.



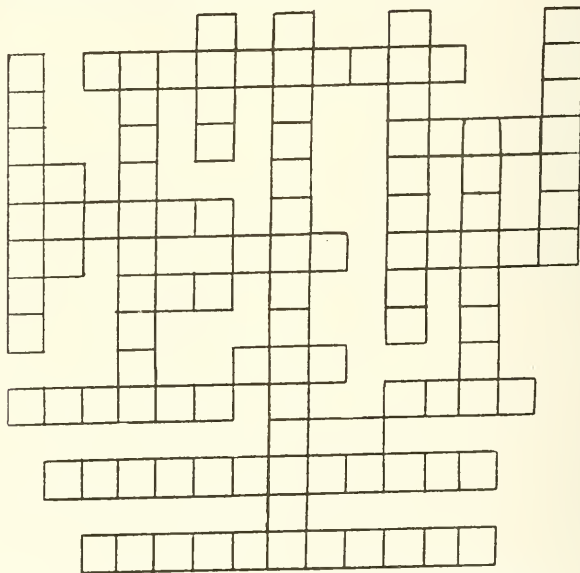
Outdoor Club Meeting

Outdoor Club will hold a meeting in Rhoades on Oct. 12 at 12:30 pm.

FLY-IN SIGNUPS

Sign up for the Fly-in this week. The Fly-in will be on October 15 at the Chess Lamberton Airport. Students fly free but must show campus IDs.

Interlocking fitness and health



Listed below are 21 terms — listed in the order of word length to help you find their positions in the puzzle. Fit

the words so they interlock.

While you're thinking about it, one of these terms could inspire you to improve your own level of fitness!

IN	FLEX	THIGHS	EXERCISING
MR	LEGS	JUMPING	HEALTH CLUB
FIT	AGING	SWIMMING	CHOLESTEROL
FAT	SITUP	TRAINING	BALANCED DIET
RUN	MUSCLE	PULSE RATE	PHYSICAL FITNESS
SPA			

VENANGO CAMPUS

BULLETIN

OCT 6 1989

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 7

OCTOBER 9, 1989

CUP Theatre
Production

The Clarion University Theatre is presenting Mark Medoff's play *Children of a Lesser God* on October 11 through 14 in The Little Theatre in Clarion. Winner of the Tony Award, the Drama Desk Award, and the Outer Critic's Circle Award for the best play of the season, this deeply moving, beautifully written play details the romance and marriage of a spirited deaf girl and the devoted (and hearing) young teacher whom she meets at the school for the deaf. Individual tickets go on sale 10 days prior to the opening of the show at \$4 (\$3 for children 12 and under). A season ticket covering this and three other productions is available for \$13. These other three productions will be explained in future editions of the *Bulletin*.

Counseling
Services

Does it seem like you're spinning your wheels and getting nowhere? Counseling is available on campus. It's free and strictly confidential. The Counseling Office is located at 206 MH. The hours are: Mondays 5pm - 9pm
Tuesdays 10am - 2pm
Wednesdays 10am - 2pm

Alternate hours can be arranged if these are inconvenient. To make an appointment, come to the Counseling Office or call the campus at 676-6591 ext. 278 during the above hours. Appointments can also be made at the Frame Office; walk-ins are also accepted.

All information to be put in the Bulletin must be submitted by 2 pm the Thursday before the week it is to be printed. NO EXCEPTIONS WILL BE MADE!



Skate-A-Thon

The CEC is holding a campus-wide Skate-A-Thon October 23 from 6-9 pm at Miller's Rink in Seneca. Students, family, and their guests are invited to participate. The proceeds will benefit Special Olympics. The skate is free to anyone participating in fund raising with sponsors. Those students who do not wish to participate may skate for a donation of \$1 per person (skates included). Sponsor sheets are located at all areas or you can contact any CEC member. The sponsor sheet will be collected at the rink the night of the skate-a-thon (the sheets insure your free entrance to the rink). The pledges must be turned in by October 30 in the CEC mailbox on campus. Envelopes are being provided for your convenience. The person who raises the most money by the deadline will be awarded a \$25 gift certificate for the campus bookstore. Help support this worthy cause and make this a successful campus activity.

It's really embarrassing:
MAN DID BETTER ON
HER REPERT CARD THAN
I DID



The Psychology Club meeting has been rescheduled for Thursday, October 12 at 12:30 pm in Rhoades.

Summer Jobs

Over 52,000 summer jobs - all at recreational and tourist facilities across the country - at dude ranches, summer stock theaters, resorts, state & national parks, wilderness canoe & rafting outfitters, biking tour companies, children's summer camps, amusement parks, horseback riding stables, plus a number of very famous tourist attractions. Many of these employers have housing accommodations available for their summer employees. Some of these facilities start their summer recruitment as early as November and most have completed their summer staffing needs by the end of February.....so don't delay! Send a 4 1/8" x 9 1/2", self-addressed stamped envelope to: Summer Jobs, PO Box 9045, Appleton, Wisconsin 54911.

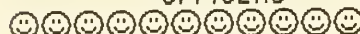
Thinking About Quitting Smoking?

Have you been thinking about quitting smoking? If so, make sure your name, address and phone number is listed on the sign-up sheet on the door of room 212 Montgomery. You will then receive supportive up-to-the-minute newsletters and find out about invited speakers concerning topics related to the smoking habit, etc. In addition, you will become aware of resources that the "Venango Campus Smoking Cessation Support Initiative" grant program is making available to support your success in kicking the habit. Please take a look at the display in the Library foyer. Free brochures and posters are yours for the asking. The display was designed by Sylvia Wiegel, Library Staff. For further information, contact Dr. Kole in 212 Montgomery.



The Bulletin is running Happy Ads again. The cost is \$.25 per ad.

THANK YOU, CINDY AND BONNIE, FOR YOUR SPECIAL HELP IN PREPARING THE FACULTY FORUM SOCIAL. -FACULTY FORUM OFFICERS



Heard About Hugo?

Phi Theta Kappa (PTK), Alpha Kappa Delta chapter, is sponsoring a collection drive from Oct. 9 - 20 at Venango Campus to benefit victims of Hurricane Hugo. Look for designated boxes in Rhoades, Frame, and Montgomery buildings and deposit your donations. The Salvation Army gave PTK this list of requirements:

* At present, NO clothing is needed. Save it for another time, please.

* Items desperately needed are: Bottled water, flashlights, batteries, bedding (blankets/sheets), canned foods, disposable diapers, cleaning supplies.

Also, chain saws and generators are needed, so a special pick-up could be arranged if you can donate those to the Salvation Army.

Money donations should be mailed directly to the Salvation Army in your area, earmarked Hurricane Hugo, with checks payable to "Salvation Army".

PTK members, contact chapter officers: Scott MacCready, Ruth Mason, or Brenda Jackson and volunteer to help during the two-week collection drive.

When the truck is full, the Salvation Army will depart for the disaster area. Help get it there soon by bringing in the items listed above. Show them we care.



Tips From The Tutoring Office

by Linda Hawkins

Have you gotten back some test papers lately that you wanted to throw away? Instead of going for two points in the nearest wastebasket, carefully examine those returned test papers to discover important information about your skills/tendencies.

Check to see how many answers were the result of carelessness? studying the wrong information? misreading directions? How many times did you change correct answers to incorrect ones?

Your answers to these types of questions should help you plan test-taking strategies which will improve your future performance. For help in developing your test-taking skills, stop by the Tutoring Office in room 209 Montgomery.

Spaghetti Dinner

The dinner will be open to the public. It will be held at the Oil City VFW on Oct. 21. Plan on attending and bringing your friends and neighbors with you. This will be the one and only time you'll see various club officers wait on tables. There is a sign up sheet in Rhoades. It is not necessary for you to sign up, but this will give us an idea of how many are attending. **ALL PROCEEDS WILL BENEFIT THE CAMPUS GAZEBO FUND!**

ATTENTION

Those students needing to take HPE 326 Adapted Phys Ed. This class will be offered at Venango Campus **THIS SPRING SEMESTER ONLY**. This class will not be offered here again until the Spring semester of 1992. Preregistration begins mid-October, so sign up ASAP!



Study Abroad Programs

The winter study abroad program is open to graduate/undergraduates and interested non-students. This winter, the program is offering two trips. The first is Ireland/England - Culture and Communications: A Twin "perspective". This two-week experience (Dec. 26 - Jan. 10) of Ireland and England will highlight each country's culture and focus on the remarkable artistic and written traditions through which each country has preserved and communicated its culture. The second program is entitled "Ancient Egypt/Classical Rome" and runs from Dec. 30 - Jan. 13. Participants will travel first in Egypt, then in Rome. In Egypt, emphasis will be placed on the Old Kingdom (Age of the pyramids) and the New Kingdom (Age of the Empire). The first days in Cairo, Gizeh, Sakkarah, and Memphis examine the contributions of the Old Kingdom. The next days will be spent on a Nile cruise from Aswan to Luxor. The last part of the tour takes you to ancient Rome, capital of the immense Roman Empire. For more information, contact Bulletin editor Diane Becker in 211 MH or via the Bulletin mailbox in Frame.



Student Senate is looking for interested students to join the Movie Committee. This would involve the selection, getting, and return of movies. Contact via their mailbox in Frame Office.

Due to the resignation of Ralph Motter from the Student Senate, a vacancy was created.

According to the Constitution of the SAVC, the person with the highest number of votes in the election who did not win shall be named to the Senate. Congratulations go to Geneva Maleski for being named the newest Senator.

Important Student Meeting

A meeting of the members of the Student Association (that's every student on campus) will be held Thursday, Oct. 12 in the Rhoades Auditorium at 1pm. The meeting will be to discuss the functions of the Senate to the students. Everyone is encouraged to attend. Cookies and punch will be served.

Help Wanted

A casemanager for the domestic violence prevention agency for Clarion County is needed. Bachelor's degree in counseling psychology, social work, or other related fields required. Job entails advocacy for victims of domestic violence. Full time plus benefits. Salary based on experience. Send cover letter, resume, and references to: S.A.F.E., Inc., PO Box 108, Clarion, PA 16214. Affirmative Action and equal opportunity employer.

Letter received by catalog advertiser: "Please cancel my order for a maternity dress which was placed three months ago. It seems that my delivery was faster than yours!"

**Coming soon:
Bloodmobile on
Oct. 23 in
Rhoades Gym.
More info
available later!!**

This year's Christmas Dinner/Dance is sneaking up quickly. The Senate has proposed three themes for the Dance. Please vote for the theme of your choice. The one with the most votes wins. Place your ballots in the ballot box in Rhoades Center. Last day to cast your vote is Thursday, Oct. 12.

Walking in a
Winter
Wonderland

Old Fashioned
Christmas

Jingle Bell Rock

Deadly Epidemic Sweeping Nation

by Sarah Rossiter

There exists today a deadly epidemic sweeping the United States. Never before, in the history of medicine, has any eating disorder reached such terrifying proportions. At some time, most of us will be faced, in one way or another, with the problem of an eating disorder, such as anorexia nervosa or bulimia. It may strike a member of our family, a friend, a neighbor, or even ourselves. Although 80% to 90% of eating disordered individuals are adolescent or college-aged females, anorexia and bulimia can strike anyone regardless of age, sex, race, or socio-economic class.

Anorexia nervosa is a state of self-imposed starvation. Its symptoms can include excessive weight loss, severely restrictive dieting (even after the victim is emaciated), distorted body image (victims see themselves as fat when they are actually very thin), denial of hunger, excessive exercising, preoccupation with food and weight, intolerance to cold, and loss of menstruation (in females). It is estimated that 20% to 30% of anorexics die as a result of the medical complications caused by starvation or have lifelong problems with the disorder. Anorexia nervosa has the highest mortality rate of any psychiatric disorder.

Bulimia, sometimes known as the Dietary Chaos Syndrome, is a cycle of constant bingeing and purging. Bulimic individuals consume large quantities of food, and then, in an attempt to rid themselves of excess calories, induce vomiting, abuse laxatives and diuretics, exercise excessively, or severely diet. Symptoms of bulimia include binge eating, swollen glands, frequent sinus infections, menstrual irregularities, overconcern about weight with frequent attempts at dieting, rapid weight fluctuations, and depression.

In addition to the previously mentioned characteristics, anorexics and bulimics are typically defensive about food habits. They tend to deny hunger, refuse to eat or eat excessively, complain constantly about weight (even when thin), seem to have a preoccupation with food, and possibly spend much time in the bathroom after eating.

The main physical problems brought about by anorexia are the result of severe malnutrition. The body responds to starvation by trying to conserve what little energy it has left. The pulse and breathing slow, body temperatures and blood pressure drop, and, in women, menstruation ceases. The skin becomes dry, pale, grey, and lifeless, often with a growth of soft body hair in an attempt to keep the body warm. Digestive enzyme production is slowed, and what little food is eaten cannot be digested and used properly. Protein deficiency can cause bloating, and bones become fragile due to calcium loss. The body attempts to burn muscle tissue as there is no fat left to burn. The heart, itself a muscle, deteriorates as its tissue is burned for energy. Sudden exertion can result in heart attack and death. Dehydration occurs, and along with it electrolyte imbalance. The electrolytes - potassium, sodium, bicarbonate, and chloride - are not available to the body in adequate amounts. Muscle weakness, apathy, drowsiness, confusion, seizures, and irregular heartbeat, as well as death from kidney failure or cardiac arrest, become a real possibility.

In the bulimic, frequent binges and purges result in serious physical damage. In the vomiting bulimic, sore throats, swollen glands, and sinus infections occur frequently. The stomach or esophagus can rupture, resulting in hemorrhaging, peritonitis, and death. Vomit can be inhaled into the lungs. Acid in vomit can erode tooth enamel and lead to tooth loss, as well as stomach and esophageal ulcers.

Bulimics may use drugs in an effort to achieve weight loss. Syrup of ipecac is a medication meant for one-time use in cases of food poisoning. It produces vomiting by stimulating the vomiting center of the brainstem and irritating the gastrointestinal tract. Emetine, the active ingredient in ipecac, builds up in the cardiac tissue, and along with repeated stress placed on the heart through vomiting, can cause cardiac arrest and death. (Karen Carpenter died this way). Laxative abuse can cause physical dependency in that the bowel becomes unable to function normally, resulting in chronic constipation and the possible development of malignant and benign bowel tumors. Diuretics (water pills) can cause permanent, irreversible kidney damage.

Vomiting and abuse of laxatives and diuretics can all result in severe electrolyte imbalance, much like in anorexia, but often the results occur more rapidly.

The effects of eating disorders are dangerous, even deadly, when ignored and left untreated. Anorexia and bulimia are diseases that can be treated and possibly cured under a doctor's care. They are not diseases that only affect other people in other places. They occur everywhere, and can happen to anyone, in any community. If you believe that you, or someone you know has an eating disorder, it is important to seek help. Contact a physician, hospital, or mental health center immediately - it could mean the difference between life and death.

CAN YOU FIND THE
NICKNAMES OF THE
28 NFL TEAMS?
LOOK DIAGONAL, BACKWARDS,
FORWARDS, UP, AND DOWN.

Answer to Interlocking Fitness
and Health

	F	P	P	J	
S	H	E	A	L	T
W	X	E	Y	L	M
I	E	X	S	I	T
M	R	R	I	E	R
M	U	S	C	L	E
I	N	I	F	A	T
N	S	P	A	L	T
G	I	F	E	I	N
T	H	I	G	H	T
B	A	L	A	N	C
C	H	O	L	E	S
C	H	O	L	E	S

BETLAPATRIOTSKMOSJFSELGAE
EEBFUSDWODKCARSMXTEEOLDJF
MDNQOOSZMDJFHPAALECOLPDS
SAIGWOBCROSOFAALCONSETTLIC
GIALAALEDFNLI NORBLSDLDJNH
SDOFJLNIAMOFALVNXWEESEGHA
RUIVRGSININIRTSVCVQAZHQRAR
ERAERFAIRULVDISVIBKBSDFESG
KBDMNOICOTSAINWORBTNVWRE
CCOGBONBILTSUVESNBILLSWER
AELIRETRASMRSCHAGFORTMUVS
PLRABLSGNIKIVNCARDMEESSSW
DOWNJESDVERTHJIXWCDLKLLS
EETTBILSASDOLDPHNMKLCDAIG
FNNSSKINNVOVSBOPEIDHINDI
OGIACIKICOOVSFJBOLEIWIID
RLIBIKKDFERFMEDRUFOEERDFR
TCOWDSTYYIUJAJBOECLDFFROS
YJLFDWEWIKISRGINSACRSMAXK
NENENWOCMAESWQFCIRTATTCAW
IRRCOWBOYSPACCOSEAHNOTEA
NB000ERFTBH00TESRPATREERH
ERLBLEGESREDIARBEAATREENA
RT0BBEAVOILTRDAENIMDERRE
SAINOILERSEAGSEABSSTEJMWJS

VENANGO CAMPUS BULLETIN

OCT 16 1989

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 8

OCTOBER 16, 1989



Heard About Hugo?

Phi Theta Kappa (PTK), Alpha Kappa Delta chapter, is sponsoring a collection drive from Oct. 9 - 20 at Venango Campus to benefit victims of Hurricane Hugo. Look for designated boxes in Rhoades, Frame, and Montgomery buildings and deposit your donations. The Salvation Army gave PTK this list of requirements:

- * At present, NO clothing is needed. Save it for another time, please.
- * Items desperately needed are: Bottled water, flashlights, batteries, bedding (blankets/sheets), canned foods, disposable diapers, cleaning supplies.

Also, chain saws and generators are needed, so a special pick-up could be arranged if you can donate these to the Salvation Army.

Money donations should be mailed directly to the Salvation Army in your area, earmarked Hurricane Hugo, with checks payable to "Salvation Army".

PTK members, contact chapter officers: Scott MacCready, Ruth Mason, or Brenda Jackson and volunteer to help during the two-week collection drive.

When the truck is full, the Salvation Army will depart for the disaster area. Help get it there soon by bringing in the items listed above. Show them we care.

Advisor lists have been posted on the red wall next to room 208 in Frame.

Pre-registration for Spring Semester of 1990 begins Oct. 16.

See your advisor BEFORE your date to schedule.

Check the priority list outside 212 Frame for your registration date.

Spaghetti Dinner

The dinner will be open to the public. It will be held at the Oil City VFW on Oct. 21. Plan on attending and bringing your friends and neighbors with you. This will be the one and only time you'll see various club officers wait on tables. There is a sign up sheet in Rhoades. It is not necessary for you to sign up, but this will give us an idea of how many are attending. **ALL PROCEEDS WILL BENEFIT THE CAMPUS GAZEBO FUND!**



Student Senate is looking for interested students to join the Movie Committee. This would involve the selection, getting, and return of movies. Contact via their mailbox in Frame Office.

"Learn to Relax: A Stressbuster Workshop"

Hatha Yoga exercises, deep breathing, muscle relaxation, and guided imagery: how can you make them work for you? Find out by attending the workshop sponsored by the YWCA on Nov. 8 at 7 pm. Held at the YWCA in Oil City, the presentation will be done by Dr. James Kole of Clarion University. Fee: \$3 for members, \$5 for nonmembers. Register at the YWCA office (676-6528)!



Skate-A-Thon

The CEC is holding a campus-wide Skate-A-Thon October 23 from 6-9 pm at Miller's Rink in Seneca. Students, family, and their guests are invited to participate. The proceeds will benefit Special Olympics. The skate is free to anyone participating in fund raising with sponsors. Those students who do not wish to participate may skate for a donation of \$1 per person (skates included). Sponsor sheets are located at all areas or you can contact any CEC member. The sponsor sheet will be collected at the rink the night of the skate-a-thon (the sheets insure your free entrance to the rink). The pledges must be turned in by October 30 in the CEC mailbox on campus. Envelopes are being provided for your convenience. The person who raises the most money by the deadline will be awarded a \$25 gift certificate for the campus bookstore. Help support this worthy cause and make this a successful campus activity.

Bloodmobile

Bloodmobile will be at Venango Campus on Oct. 23 in Rhoades Gym. A CEC Special meeting will be held Oct. 19 at 5:30 pm to cover both the Bloodmobile and Skate-A-Thon details. All interested people are invited.

Both Computer Labs are open the following hours:

Mon-Fri 8:30am - 9:30pm

Sat 8am - 6pm

Sun 1pm - 6pm

Tutoring Hours

Linda Hawkins, Tutor
Supervisor; English Comp,
Speech, Study Skills
Mon & Tues 10 am - 5 pm
Wed & Thur 10 am - 1 pm
David Heath; Math, Biology,
Education Courses
Mon 12:30 pm - 4:30 pm
Fri 12:30 pm - 4:30 pm
6:30 pm - 8:30 pm

Connie Jablonski; Math,
Accounting, English Comp.

Mon & Wed 10 am - 12 pm
2 pm - 4 pm
Tues 2 pm - 4 pm
Don Kellner; Math, Accounting,
Computer Science

Mon & Wed 5 pm - 6:30 pm
7:45 pm - 8:45 pm

Tues 5 pm - 6:30 pm
Thur 5 pm - 8:30 pm

Jim Bickel; Chemistry, Physics,
Earth Science, Biology

Mon & Wed 8 am - 10 am
Tues & Thur 1 pm - 4 pm

Historic Quick Quiz

- 1) On August 2, 1776, 50 of the 56 signers officially signed which important US Document?
- 2) On which Japanese city in which year was the first atomic bomb dropped on August 6 by the bomber *Enola Gay*?
- 3) Which empire ended on August 6, 1806?
- 4) In which year did President Nixon resign his office on August 9?
- 5) On which day in August on which Japanese city was a plutonium bomb dropped by the bomber *Bock's Car*?
- 6) In which city in which country was a wall erected on August 13, 1961, closing the border between East and West?
- 7) In which region of the Yukon was gold discovered on August 17, 1896?
- 8) Identify the daughter of Elinor and Ananias Dare who was born on August 18, 1587, on Roanoke Island.
- 9) Which city did British forces invade & burn on August 24-25, 1814?
- 10) Which country shot down Korean Air Lines Flight 007 on September 1, 1983, killing 269 people on board?

Tips From The Tutoring Office

by Linda Hawkins

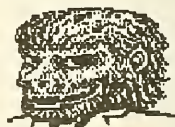
The ability to *summarize* is an important skill for completing certain assignments such as abstracts, handling questions on essay exams, and taking notes while reading. Writing summaries requires you to separate main ideas from details while being brief, complete, and objective.

Your practice of writing summaries can be improved with help from the Tutoring Office. Stop by room 209 in Montgomery for assistance.

Counseling Services

Does it seem like you're spinning your wheels and getting nowhere? Counseling is available on campus. It's free and strictly confidential. The Counseling Office is located at 206 MH. The hours are: Mondays 5pm - 9pm
Tuesdays 10am - 2pm
Wednesdays 10am - 2pm

Alternate hours can be arranged if these are inconvenient. To make an appointment, come to the Counseling Office or call the campus at 676-6591 ext. 278 during the above hours. Appointments can also be made at the Frame Office; walk-ins are also accepted.



Halloween Dance/Fright Night

The Student Senate is sponsoring the Halloween Dance and Fright Night Movie Festival on Thursday, Oct. 26 in Rhoades. The dance lasts from 9pm to 1am, with the movies, volleyball, food, pool, ping-pong, and board games afterwards. Costumes are optional, but if you wear one, you could win a prize!

**Mario's Italian
Beef & Sausage**
405 East 2nd Street
Oil City, PA
Carry Out Italian
Sandwiches

FEATURING:
Italian Beef
Italian Sausage
Italian Meatballs

OPEN:

11 am - 6 pm
Monday - Saturday
676-9558



*Any student who
borrowed a Venango
Concert ticket from
Rosann Rookey
please return it to
her as soon as
possible.*

Christmas Theme Chosen

The "Walking in a Winter
Wonderland" Christmas
Dinner/Dance theme was
adopted by the Student
Senate on the basis of
the ballots cast. Thanks
to all students who
helped to decide which
theme would be chosen.



From the Editor

*I would like to take this
space to thank some people
on behalf of the Bulletin:
Laurie Black for giving us
her wonderful and witty
cartoons; Beth Davidson,
for teaching me the ropes
and giving me those devious
puzzles for the Bulletin;
Best's Printing, for taking
my pasted-together
scratchings and making
them look good; and many
others who help me in
various and insidious ways.
Thank you all!*

-DB

ATTENTION

Those students needing to
take HPE 326 Adapted Phys
Ed. This class will be offered
at Venango Campus **THIS
SEMESTER ONLY!** This class
will not be offered here again
until the Spring semester of
1990. Preregistration is this
week, so **SIGN UP NOW!!!**

On The Lighter Side:

Doctor: "How is the little boy
who swallowed the quarter?"
Nurse: "No change yet."

The little girl wondered why
her dad kept bringing work
home from the office.

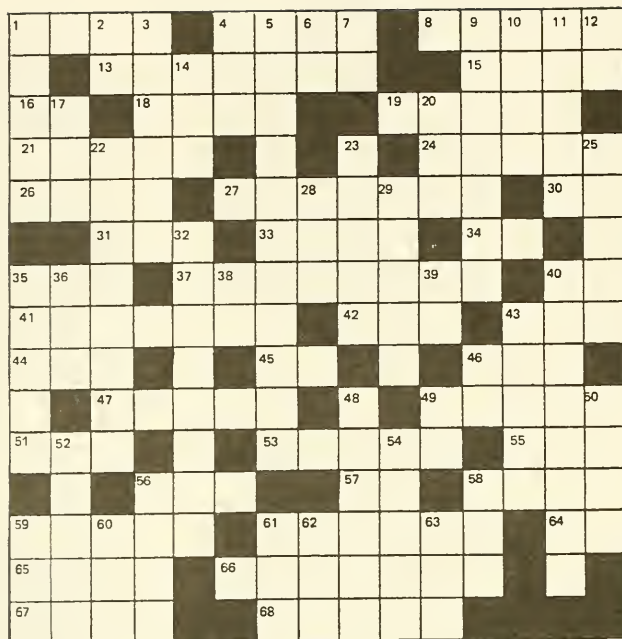
"Because I just can't get it all
finished during the day," he
said.

"Then why," she said sym-
pathetically, "don't they put
you in a slower group?"

ATTENTION GRADUATING STUDENTS

CONTACT YEARBOOK EDITOR TOM IRWIN VIA THE PUBLICATIONS MAILBOX IN
FRAME ABOUT GRADUATION PICTURES. LEAVE YOUR NAME, ADDRESS, AND PHONE
NUMBER AND HE'LL CONTACT YOU WITH FURTHER INFORMATION.





Hospital Stay Crossword

ACROSS

1. Breathing organ
4. Smallest bit of matter
8. Book of maps
13. An operation
15. An element of every surgical procedure
16. Backwoods mother
18. Private or semi-private
19. What "stat" means in a hospital
21. Typical post-surgery diet
24. Drive too fast
26. Mentally capable
27. The M in AMA
30. About
31. Optic organ
33. Hospital garb
34. And (Latin)
35. Second person
37. Typical hospital ID form
40. Administrator of military hospitals often
41. Type of wood flooring
42. Monogram of Treasure Island author
43. A laser is a form of —
44. Route 1 (abbr.)
45. Toward the sky
46. Sounds of surprise
47. Provided by the sun
49. Tenor or alto
51. Total
53. Boredom

55. Pecan or almond
56. Cigarette residue
57. Article
58. Soft drink flavor
59. Muscle problem
61. Cell centers
64. While
65. Flat land
66. Kind of chair found in obstetrics ward
67. Snare
68. One of the senses

DOWN

1. Arms and legs
2. Neurosurgeon (abbr.)
3. It brings you from O.R. to the recovery room
4. In the past
5. Fever
6. Operating room (abbr.)
7. Belonging to me
9. One of a set of three babies
10. Hair problem
11. One who questions
12. South Korea (abbr.)
14. Fisherman's tool
17. In the style of
20. Country of 50 states
22. Sac in a swollen artery
23. Important dietary factor found in bran
25. Tooth problem
28. Informal term for surgeon
29. Red or white blood —
32. Bubbling in the blood
35. French city
36. Cereal grain
38. About
39. Electroshock (abbr.)
40. Dealing with the veins
43. — plasty, plastic surgery type
46. Combining form meaning egg
48. Bites between meals
49. Roman six
50. Greek letters
52. One type of dental plate
54. The only way you should put cigarettes in your mouth
56. Relative of "STAT!"
58. Short term for cigarette
59. Surface Missile Transport (abbr.)
60. Biblical king
61. Negative
62. Undercover agent (abbr.)
63. Chemical ending

OCT 25 1989

VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 9

OCTOBER 23, 1989



Wok Demonstration

Learn the mysteries of Far East cooking at this demonstration in Rhoades on Thursday, Nov. 2 at noon. Participants will have the chance to enjoy the fruits of their labor.

Last day for students to withdraw from classes is Friday, October 27 at 4 pm.

Guest Speaker on Campus

The Pennsylvania Humanities Council once again has funded a special talk at Venango Campus on November 1, at 7pm. Dr. Rosemary Williams will speak on "Teaching and Learning: Who is in Control?" in Rhoades Auditorium. Dr. Rosemary Williams is the Director of Extension Programs for Teacher Education, Division of Graduate Studies and Continuing Education, at Wilkes College. The presentation will examine some basic assumptions about who and what controls the teaching and learning process and the possible implications of the teacher empowerment thrust in some current reform movements. For more info, contact Rosann Rookey at 676-6591, ext. 271.



Part-Time Salesperson Sought

Anyone interested in selling memberships in the Venango County Area Tourist Promotions Agency is being asked to submit a list of their qualifications to Beverly Snyder, Box 147, Emlenton, PA by Monday, Oct. 23. The compensation would be based on the number of members secured. A Selection Committee will make the selection. The individual hired would need to be available for approximately three weeks, but would not need to be available every day.

CAREER OBJECTIVES? Guess I'd better go into the travel business. I have this remarkable ability to tell people where to go!



Advisor lists have been posted on the red wall next to room 208 in Frame.

See your advisor BEFORE your date to schedule.

Check the priority list outside 212 Frame for your registration date.

Both Computer Labs are open the following hours:
Mon-Fri 8:30am - 9:30pm

Sat 8am - 6pm
Sun 1pm - 6pm



Halloween Dance/Fright Night

The Student Senate is sponsoring the Halloween Dance and Fright Night Movie Festival on Thursday, Oct. 26 in Rhoades. The dance lasts from 9pm to 1am, with the movies, volleyball, food, pool, ping-pong, and board games afterwards. Costumes are optional, but if you wear one, you could win a prize!



Tips From The Tutoring Office

by Linda Hawkins

The Tutoring Office houses a collection of computer software to assist students in their efforts to study a variety of subjects.

Our most recent acquisition is Houghton Mifflin's *Principles of Accounting*, a helpful supplement to the textbook used in Financial Accounting. This program offers various learning modules with exercises designed to reinforce the important material in each chapter of the text. Great for reviewing!

Easy-to-use software is also available for help in algebra, grammar, and reading comprehension.

Plan on visiting the Tutoring Office in rooms 209 and 210, Montgomery Hall. Our tutors would be happy to get you started on using any of our software.



"Learn to Relax: A Stressbuster Workshop"

Hatha Yoga exercises, deep breathing, muscle relaxation, and guided imagery: how can you make them work for you? Find out by attending the workshop sponsored by the YWCA on Nov. 8 at 7 pm. Held at the YWCA in Oil City, the presentation will be done by Dr. James Kole of Clarion University. Fee: \$3 for members, \$5 for nonmembers. Register at the YWCA office (876-6528). Dr. Kole's fee is being donated to the YWCA expansion project.

Mario's Italian Beef & Sausage
405 East 2nd Street
Oil City, PA
Carry Out Italian Sandwiches

FEATURING:

Italian Beef
Italian Sausage
Italian Meatballs

OPEN:

11 am - 6 pm
Monday - Saturday
676-9558

Answers to Last Week's Historic Quick Quiz

- 1) Declaration of Independence
- 2) Hiroshima in 1945
- 3) Holy Roman Empire
- 4) 1974
- 5) August 2 on Nagasaki
- 6) Berlin in East Germany
- 7) Klondike
- 8) Virginia Dare
- 9) Washington, DC
- 10) Soviet Union

Successful completion of Physical Science 112 is the usual way for elementary education majors to show competency in Physics. It is taught only in the spring semesters at Venango Campus. It has no prerequisite.

Attention!

Those students needing to take HPE Adapted Phys Ed. This class will be offered at Venango Campus **THIS SEMESTER ONLY!** This class will not be offered here again until the Spring Semester of

1992.

Beware Cholesterol Advertising

No Cholesterol! You have seen it in bold letters on package labels and in advertisements for various food products. Is there a valid basis for these claims? And should we view the products as desirable? The trouble is that the claim is probably true, but misleading. Only foods from the animal sources contain cholesterol. These include red meat, poultry, sea food, eggs, milk, cheese, etc. Thus foods from plant sources, even though they may be pure fats and oils, can claim to contain no cholesterol. The consumer should be advised that this doesn't make them desirable choices. You see, experts believe the amount of fat in a food is just as important a factor as the amount of cholesterol in relation to cardiovascular disease. The type of fat is important too. Generally speaking, highly saturated animal fat contributes more to arterial deposits than more unsaturated plant sources of fat (oils). Thus corn oil margarine is a better choice than butter for spreading on our bread. It would be prudent, however, to restrict the use of the margarine as well. A few plant sources are very bad in respect to saturated fats. They are palm, palm kernel, and coconut oils.

Fats and cholesterol are only two of many factors in cardiovascular disease. Others include genetic make-up, lack of exercise, high blood pressure, overweight, smoking, stress, and age. If you are a smoker, the most important single thing you can do to avoid cardiovascular disease is to quit. You will also smell better, pose less of a risk to others around you, lessen your chances of acquiring other terrible diseases, and you will feel better about yourself. Beginning an exercise program is also an important way to reduce risk of cardiovascular disease.

QUICK QUIZ

- 1) At which US military school did Kristin Baker take over as captain of the Corps of Cadets?
- 2) In which state were the bones of 5 suspected victims, murdered during the winter of 1874 by cannibal Alferd Packer, reburied in August after examination by scientists?
- 3) Name 3 of the 4 planets *Voyager 2* visited on its "grand tour"?
- 4) Which European city suffered a great fire from September 2-5, 1666?
- 5) From Sept. 7-9, 490 BC, which runner in Greece ran from Marathon to Sparta, back to Marathon, and then to Athens, where he died after announcing the victory over the Persians?
- 6) Identify the 1770 painting of Jonathan Buttall that Thomas Gainsborough did to prove that a blue painting need not be dull.
- 7) Name the self-styled "queen" who has aggressively promoted her hotel-and-real estate empire and who was recently convicted of evading \$1.2 million in Federal income taxes in New York.
- 8) After 15 years of marriage, the only daughter of Queen Elizabeth II has separated from her husband. Name this pair.
- 9) Which group recently launched its 29-city "Steel Wheels" tour with a concert in Philadelphia's Veterans Stadium?

*Phi Theta Kappa
would like to thank
the faculty, students,
and members of the
business community
who helped the
victims of
Hurricane Hugo
through your
generous
contributions
during our two
week drive.*



SKI CLUB MEETING

All those who signed up for Ski Club and anyone who wishes to join the club are asked to attend the meeting held in Rhoades on Thursday, Oct. 26 at 12:30pm. This meeting is to elect officers and to discuss possible dates for ski trips. Remember, all level of skiers are welcome, including beginners!

Student Senate Office Hours

Monday: 11:00-12:00	John
12:00-1:00	Carolyn
2:00-3:00	Geneva
Tuesday: 1:00-2:00	Brian
3:15-4:15	Rob
Wednesday: 12:00-1:00	Daisy
3:30-4:30	Merralee
Thursday: 12:00-1:00	Beth
2:00-3:00	Dianna

Thanksgiving Dinner

The ALO Thanksgiving Dinner will be held on November 10 in Rhoades. Dinner will be from 6pm to 9pm. Every student who signs up is asked to bring a tureen. Turkey and gravy will be provided by ALO. The sign up sheet is in Rhoades and the last day to sign up is November 3. Movies will be provided to be viewed by all. All family members and friends of students are welcome to attend. Number of guests attending should be listed on the sign up sheet.

Halloween Dance in Pleasantville

A Halloween Dance is being held at the Pleasantville Volunteer Fire Department Fire Hall. Music from the 50's and 60's by DJ Todd Wetjen. Prizes will be offered for costumes. There is a buffet dinner at 8pm with dancing from 9pm to 1am. BYOB- MUST be 21 or older (photo IDs required). Donation- \$20 per couple. Tickets available from Beth Davidson. Admission by advance purchase of tickets ONLY.

Pre-registration Is Here!

See the advisor lists outside room 208
Frame!

Meet with your advisor before your
date to schedule!

Check the priority list outside 212
Frame for your registration date!
Do It Now!!!

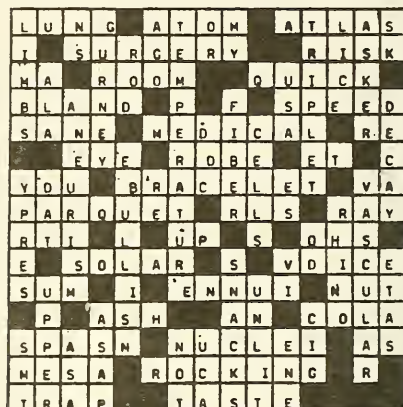
Low stress word search

Hidden in the puzzle below you will find 32 words or phrases. Each of them will remind you of a way to keep stress in your life under control. Leftover letters, 18 of them, tell why controlling stress is important.

GLNOITAREDOMP
AYGRENEEXSNIR
RSSHTSREEUSWA
DSMGTUOKROWSY
EVPUKCEHCOATE
NIEASEDFITLRV
NTDLLREISRKEO
UAUMEATWELLTL
FMTIECELHTNCC
EII RPRATIBAH I
VNTTAXEPGAELS
ASTWNWODWOLSU
HTAEROBICSJNM

AEROBICS	LOVE
ATTITUDE	MODERATION
AWARE	MUSIC
CHECKUP	PACE
DIET	PRAY
EASE	RELAX
EAT WELL	REST
ENERGY	RUN
EXERCISE	SLEEP
FIT	SLOW DOWN
GARDEN	STRETCH
HABIT	SWIM
HAVE FUN	TRIM
JOG	VITAMINS
LAUGH	WALK
LEAN	WORKOUT

Answer to HOSPITAL STAY CROSSWORD



PUMPKIN CARVING/CONTEST

The creative artisans will be holding a pumpkin carving demonstration at Rhoades on Thursday, October 26th, from 12 to 2pm. All participants may enter their pumpkins in a contest for scariest, funniest and most original. Students will vote on the pumpkins prior to entering the dance. Winners will be announced during the dance. Please be sure to sign up at the desk in Rhoades Center. Pumpkins will be provided.



OCT 30 1989

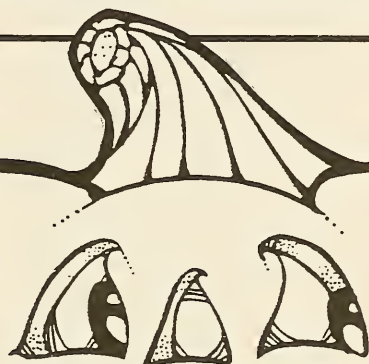
VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 10

OCTOBER 30, 1989



Student Senate Office Hours

Monday: 11:00-12:00 John
12:00-1:00 Carolyn
2:00-3:00 Geneva
Tuesday: 1:00-2:00 Brian
3:15-4:15 Rob
Wednesday: 12:00-1:00 Daisy
3:30-4:30 Merrilee
Thursday: 12:00-1:00 Beth
2:00-3:00 Dianna



Tips From The Tutoring Office

by Linda Hawkins

Recent research into verbal test-taking skills has revealed that one way good test-takers differ from poor ones is by using their power of *prediction*. Instead of reading the stem of a multiple choice item and searching the answer choices right away for one that might be right, effective test-takers hypothesize about what a good answer might look like *before* going to the answers. It's equally important to read all the answer choices before settling on the best one. The Tutoring Office has booklets and handouts designed to help you improve your test-taking skills on both objective and essay tests. Stop by rooms 209 and 210 Montgomery to pick up free copies.

Thanksgiving Dinner

The ALO Thanksgiving Dinner will be held on November 10 in Rhoades. Dinner will be from 6pm to 9pm. Every student who signs up is asked to bring a tureen. Turkey and gravy will be provided by ALO. The sign up sheet is in Rhoades and the last day to sign up is Nov 3. Movies will be provided to be viewed by all. All family members and friends of students are welcome to attend. Number of guests attending should be listed on the sign up sheet.

Advisor lists have been posted on the red wall next to room 208 in Frame.

See your advisor BEFORE your date to schedule.

Check the priority list outside 212 Frame for your registration date.

"Learn to Relax: A Stressbuster Workshop"

Hatha Yoga exercises, deep breathing, muscle relaxation, and guided imagery: how can you make them work for you?

Find out by attending the workshop sponsored by the YWCA on Nov. 8 at 7 pm. Held at the YWCA in Oil City, the presentation will be done by Dr. James Kole of Clarion University. Fee: \$3 for members, \$5 for nonmembers. Register at the YWCA office (676-6528)! Dr. Kole's fee is being donated to the YWCA expansion project.



Both Computer Labs
are open the
following hours:
Mon-Fri 8:30am -
9:30pm

Sat 8am - 6pm

Sun 1pm - 6pm

*The Yearbook
production staff
needs your help in
selecting the theme
for this year's
yearbook. Please
check one of the
options below or
write in one of your
own and return it to
the yearbook staff
by inserting it in the
box on the desk at
Rhoades. The theme
with the majority of
votes will be chosen
Nov. 6.*

*Thank you
for your
cooperation,*

*Tom Irwin
Yearbook
Editor*

.....

..... Remembering

..... When

..... Return to

..... Yesteryear

..... Flashback in

..... Time

..... Where It All

..... Began

..... Other:

.....



Would you consider starring in your own music video?

Music Video Traxx is offering Venango Campus students the opportunity to star in your own music video. Student Senate wants to know if you would participate in this entertaining adventure. You can choose from an extensive and diverse library of songs. Music Video Traxx will provide a lyric sheet and back you up with professionally-produced instrumentation, complete with back-up singers. When you're through, you walk away with both an audio cassette and a video tape starring you! Music Video Traxx features: 2 audio recording booths capable of accomadating 4 people each, 1 video studio with a professionally designed and built set, 2-camera production, digital special effects, extensive music selection, and costumes of your favorite artists.

If enough people respond favorably, then Student Senate will book Music Video Traxx for Venango Campus. Students would not have to pay to participate, but there would be a limit of 1 tape per person.

RETURN TO STUDENT SENATE
VIA THEIR MAILBOX IN FRAME.

----- Yes, I would participate

----- No, I would not participate



Have a Big Problem?

There is help so that you can break that problem that seems like a "big boulder" into smaller, more manageable "pebbles". Counseling is available on Campus. The Counseling Office is located at 206 MH. Hours are:

Monday 5 pm - 9 pm
Tuesday 10 am - 2 pm
Wednesday 10 am - 2 pm

Alternate hours can be arranged if these are inconvenient. To make an appointment, come to the Counseling Center or call the campus at 676-6591 ext. 278 during the above hours. Appointments can also be made at the Frame Office. Walkins are accepted. All counseling services are free and strictly confidential.



Guest Speaker on Campus

The Pennsylvania Humanities Council once again has funded a special talk at Venango Campus on November 1, at 7pm. Dr. Rosemary Williams will speak on "Teaching and Learning: Who is in Control?" in Rhoades Auditorium. Dr. Rosemary Williams is the Director of Extension Programs for Teacher Education, Division of Graduate Studies and Continuing Education, at Wilkes College. The presentation will examine some basic assumptions about who and what controls the teaching and learning process and the possible implications of the teacher empowerment thrust in some current reform movements. For more info, contact Rosann Rookey at 676-6591, ext. 271.

Mario's Italian Beef & Sausage
405 East 2nd Street
Oil City, PA
Carry Out Italian Sandwiches

FEATURING:

Italian Beef
Italian Sausage
Italian Meatballs

OPEN:

11 am - 6 pm
Monday - Saturday
676-9558

Hot Dog Contents

Have you ever wondered just what companies make hot dogs out of? Most hot dogs are 69% water, salt, spices, corn syrup, and cereal; 15% chicken; and 16% goat meat, pigs ears-eyes-stomachs-snouts-udders-bladders- and esophagus. Appetizing, isn't it?



Wok

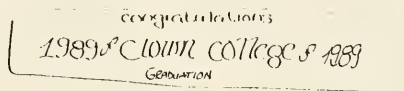
Demonstration

Learn the mysteries of Far East cooking at this demonstration in Rhoades on Thursday, Nov. 2 at noon. Participants will have the chance to enjoy the fruits of their labor.

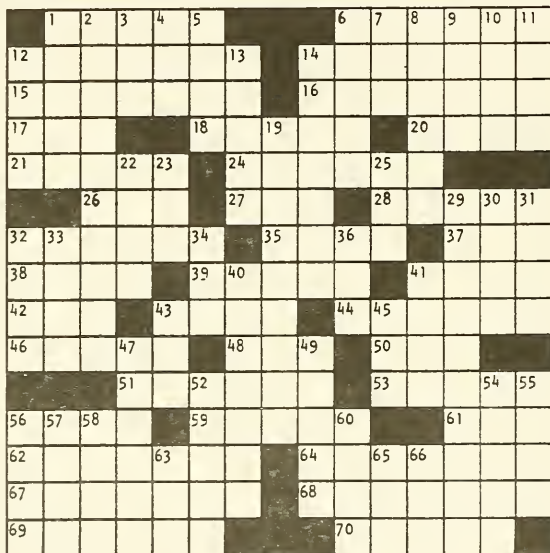
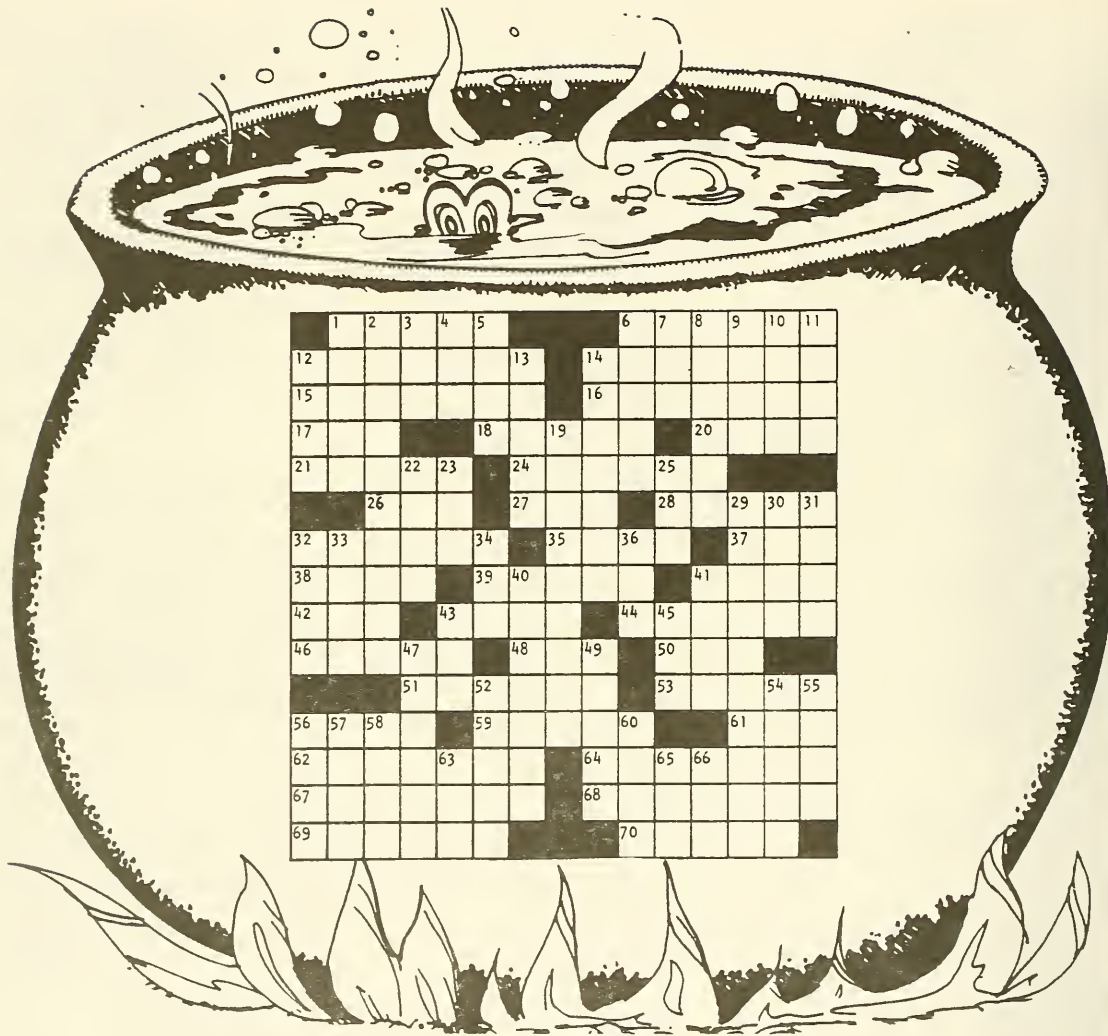
Answers to Last Week's Quick Quiz

- 1) West Point
- 2) Colorado
- 3) Jupiter, Saturn, Uranus, Neptune
- 4) London
- 5) Pheldippides
- 6) The Blue Boy
- 7) Leona Helmsley
- 8) Princess Anne and Mark Phillips
- 9) The Rolling Stones

Grad photos are due! Contact Tom Irwin via Yearbook mailbox in Frame!



LEWIE
423



Armed Forces Crossword

ACROSS

1. Gripping device
6. Unrefined
12. Seafarers
14. WWII "dogface"
15. Where a kite might alight
16. Nestle
17. Promissory note
18. Bricklayer
20. — Chase
21. Singer — John
24. Ancient German
26. Day before a holiday
27. Do badly
28. Flirted
32. Contribute
35. Seed
37. Prefix for three
38. Arabian headband

DOWN

39. Scandinavian
41. Combat memento
42. Game-board pieces
43. Large continent
44. Disenthroned
46. Kind of quarrel
48. Explosive initials
50. Diamond girl
51. Toast: To your —!
53. Well-publicized
56. Color vat
59. Harass
61. Scot's negative
62. Leathernecks
64. Forest and "Lone"
67. Schoolbox items
68. Embraces
69. Catnaps
70. Polish

DOWN

1. — Burnett
2. Shavetail
3. Milwaukee product
4. Bon —
5. School dance
6. Dracula's title
7. Around a long time
8. Putting two and two together
9. Small stream
10. Search out
11. Earth goddess
12. Eye affliction (variation)
13. Torrent
14. Scrubbed
19. "No time for —"
22. Elliptical
23. Butterfly trap

25. — Paul (S,

- African statesman
29. Battalion bosses (2 words)
30. Historic periods
31. Dreadful
32. Humid
33. Curved molding
34. Beast of burden
36. Barber or Buttons
40. Foolish
41. Short ride
43. Response of 12
45. Social club member
47. Three times
49. Usual limerick start

52. Adam's son and

- others
54. Hospital rooms
55. Loch —
56. Electric units, for short
57. Celt
58. Sea Eagle
60. Penetrating flavor
63. Bite
65. Professional organization
66. Baby syllable

VENANGO CAMPUS

NOV - 6 1989

BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 11

NOVEMBER 6, 1989

Where are all the Volleyball Players?

There is a competition just around the corner (November 11) and we need to practice, Practice, PRACTICE!! Monday nights from 8pm to 9:30pm or see Trevor Parsons to schedule some other times. WE WANT TO BRING THE TROPHY HOME!



Feeling Overwhelmed?

Do things feel like they are mounting up and overwhelming you? Counseling is provided as a service of the University free of charge. The Counseling Office is located at 206 MH.

Hours are:

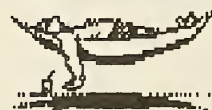
Monday 5 pm - 9 pm
Tuesday 10 am - 2 pm
Wednesday 10 am - 2 pm

Alternate hours can be arranged if these are inconvenient. To make an appointment, come to the Counseling Center or call the campus at 676-6591 ext. 278 during the above hours. Appointments can also be made at the Frame Office. Walkins are accepted. All counseling services are strictly confidential.

COURSE CANCELLATION:
CIS 164 Intro to Programming and Algebra II is cancelled for Spring 1990.

Turkey Dinner

The ALO Thanksgiving Dinner will be held on November 10 in Rhoades. Dinner will be from 6pm to 9pm. Every student who signs up is asked to bring a tureen. Turkey and gravy will be provided by ALO. The sign up sheet is in Rhoades and the last day to sign up was Nov 3. Movies will be provided to be viewed by all. All family members and friends of students are welcome to attend. Number of guests attending should be listed on the sign up sheet. ALO will supply table service, napkins, coffee, and punch. Dinner will be served promptly at 6 pm. Movies will follow afterward.

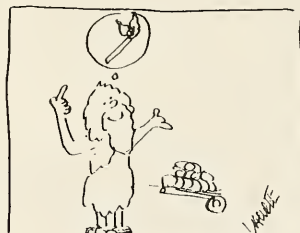
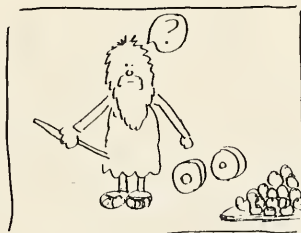


"Learn to Relax: A Stressbuster Workshop"

Hatha Yoga exercises, deep breathing, muscle relaxation, and guided imagery; how can you make them work for you? Find out by attending the workshop sponsored by the YWCA on Nov. 8 at 7 pm. Held at the YWCA in Oil City, the presentation will be done by Dr. James Kole of Clarion University. Fee: \$3 for members, \$5 for nonmembers. Register at the YWCA office (676-6528)! Dr. Kole's fee is being donated to the YWCA expansion project.

Thanksgiving Thought

A family reunion is a time when people travel from the 4 corners of the earth to get together with all their relatives--which makes them remember why they moved to the 4 corners of the earth in the first place.



Internship Opportunities

There are many opportunities for internships with the Pennsylvania Historical and Museum Commission. The Commission (PHMC) is a large, integrated historical agency with 29 museums scattered across the state, a large collection of historical artifacts, the State Archives, archeology, historic research and preservation programs and other related historical activities. There is also a museum-related life and earth science program and a large collection of fine arts. The PHMC has over 50 professionals capable of giving training in almost every museum discipline and in the history, archives, publications, public relations, and preservation fields. Internship offers students a chance to get practical, hands-on experience, to test knowledge and principles learned in an academic environment against real-world problems and to gain an understanding of the full range of activities involved in the chosen field of study. Internships are tailored to the specific research or discipline interests and abilities of the student, but usually include a range of general duties as well. There are a variety of internships available. PHMC has a paid Government Service Internship Program which employs up to 60 students over the summer. Internships during the fall and winter semester are also possible, and part-time unpaid internships can also be arranged. All sites are eligible for various programs such as Pennsylvania Higher Education Assistance Agency grants, etc. Almost all internships can be developed for course credit through the cooperative agreement between the supervisor, student, and internship advisor. For more information, contact *Bulletin* editor Diane Becker via the mailbox in Frame (leave name and number to be called) or by stopping by room 211 MH.



Tips From The Tutoring Office

by Linda Hawkins

The most common criticism of research papers is that the topic is too broad. It is important to narrow your topic to a manageable scope and to find a focus for your paper so that it has direction and purpose. If you do have a research paper due before the end of this semester and are having trouble getting started or developing your ideas, visit the Tutoring Office in rooms 209 and 210 Montgomery. You can get help with notetaking, writing a thesis statement, outlining, and other research writing skills.



Pay a Visit to The Visit

On November 14 - 18 at the Little Theatre in Clarion, Frederick Durrenmatt's *The Visit* will be performed. Winner of the New York Drama Critic's Circle Award for the best foreign play of the year, this is an unforgettable play about corruption, false justice, and revenge by a master of postwar European theatre. Individual tickets go on sale 10 days prior to the opening of the show a \$4 per ticket.

|||||
During the holiday season, remember that nothing you put into a rich dinner is as fattening as a dinner fork.

Need Academic Help?

If you're not doing as well as you'd like in some or all of your classes, consider visiting the Tutoring Office in rooms 209 and 210 of Montgomery Hall. Fill out a Tutor Request Form and you can receive help in studying skills and in specific subject areas. Tutor hours and subjects are:

Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills

Mon & Tues 10am - 5pm
Wed & Thur 10am - 1pm

David Heath; Math, Biology, Education Courses

Mon & Fri 12:30pm - 5:30pm

Connie Jablonski; Math, Accounting, English Comp.

Mon & Wed 10am - 12pm
2pm - 4pm
Tues 2pm - 4pm

Don Kellner; Math, Accounting

Mon & Wed 5pm - 6:30pm
7:45pm - 8:45pm
Tues 5pm - 6:30pm
Thurs 5pm - 8:30pm

Jim Bickel; Chemistry, Physics, Earth Science

Mon & Wed 8am - 10am
Tues & Thur 1pm - 4pm

The Community Playhouse Presents:

"Talking With..." by Jane Martin on November 16 - 18 in Rhoades Auditorium. The production is directed by William Trimble and produced by Robert Schultheis. "Talking With..." is a play presented as 11 monologues which range from comedy to tragedy. For this performance, the director has chosen 11 different actresses. Tickets are available in Frame Office or from any Playhouse member.

Winter Dinner/ Dance

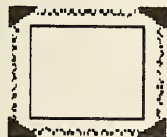
The Christmas Dinner/Dance theme this year is "Walking in a Winter Wonderland". It will be held at the Wanango Country Club. The band will be *Score*. More information will be available in future editions of the *Bulletin*.

Editorial

Where were all the Senators?

At the Halloween Dance on October 26, I noticed that the refreshments had not been set up before the dance. Where were the Student Senators? Student Senate President Beth McConnell could only do so much by herself and asked some students that were attending to help her. Where were the other Senators? Why did the President have to depend on the students attending for help?

Students who miss their pre-registration date are not eligible to register for the Spring semester until January 16, 1990.



Need Photo ID Pics Retaken

The following people need to check with Rosann Rookey to have their ID pictures retaken:

Randy Dayton
Raymond Wolf
Norma Jean Scurry
Phyllis Osgood
Vicki McClellan



What Makes Your Home Feel Small?

Interior designers say these are some of the factors that make a home feel crowded:

- * Dual-purpose rooms, like a kitchen-dining room or utility-bath.

- * Rooms used for a purpose other than they were designed for, like a bedroom used as an office.

- * A great many different kinds of activities going on in the same home.

- * Size of yard, the indoor space needed depends on the outdoor space you have, too.

- * Small windows; large ones bring the outside in and make a room feel spacious.

- * Unused rooms, not making use of all the space you have can make the rest of the house feel more crowded.

- * Time spent at home. If you don't get out of the house enough, it will begin to feel more crowded.

- * Living with someone of the same sex, studies show that two women or two men need more space to feel comfortable than a couple does.

Need a larger house? Maybe not. By considering some of these psychological space factors, you might think of minor changes you can make that will make your place seem more spacious.

The Rules

1. THE FEMALE ALWAYS MAKES THE RULES.

a. The rules are subject to change at any time without notice.

b. No male can possibly know all the rules. Nearly all females are born with this knowledge.

c. If the female suspects the male knows any of the rules, she may immediately change any or all of the rules.

2. THE FEMALE IS NEVER WRONG.

a. If the female is wrong, it is because of a misunderstanding which was a direct result of something the male did or said wrong.

b. If rule 2a applies, the male must apologize immediately for causing the misunderstanding.

3. THE FEMALE CAN CHANGE HER MIND AT ANY GIVEN POINT IN TIME.

a. The male must never change his mind without express written consent from the female.

4. THE FEMALE HAS EVERY RIGHT TO GET ANGRY OR UPSET AT ANY TIME.

a. The male must remain calm at all times, unless the female wants him to be angry or upset.

b. The female must under no circumstances let the male know whether or not she wants him to be angry or upset.

5. ANY ATTEMPT BY THE MALE TO CHANGE ANY OF THESE RULES COULD RESULT IN SEVERE BODILY HARM.

University Book Center

20% off ALL
C.U.P.
Clothing
excluding sale
merchandise

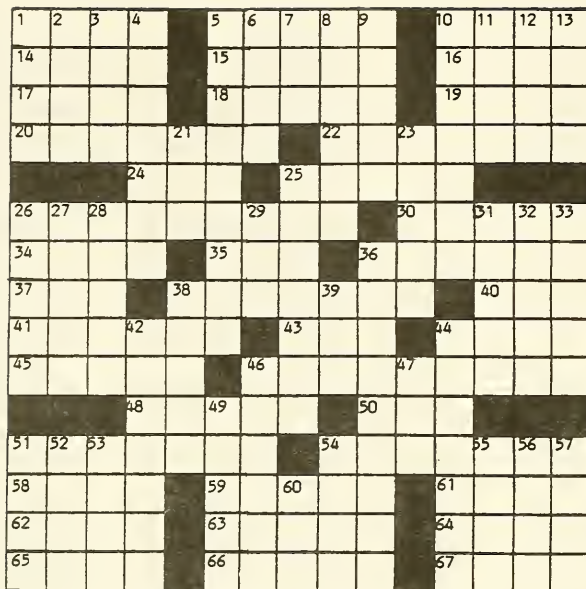
25% off All
Writing Instruments,
Markers and Refills
Christmas is coming!

SALE
Nov. 9th
thru
Dec 8th

REVIEW OF STUDY PLAN



©1988 United Feature Syndicate, Inc.



The Tele Crossword

ACROSS

1. Branch of math
5. Graspers for ice
10. Rooster's sound
14. An Opera
15. Make acceptable by custom
16. Small street
17. Nut's partner
18. Pucker fruit
19. Nurse's helper
20. More inclined
22. Brought down
24. Sass
25. Strip for fastening
26. Lens that brings subject closer
30. Opposite of act
34. Creative (abbr.)
35. Yours and mine
36. Great fear
37. Ottoman title
38. Lured
40. Regret
41. Contribute
43. "Of the" (Spanish)
44. Not crazy
45. To hide away
46. TV shows
48. "— Johnny!"
50. Spearment or Juicy Fruit
51. Spendthrift
54. Get ready
58. One who cools things

DOWN

59. Greenery
61. Pervicator
62. Girl's name
63. Opposite of "I drown" (2 wds.)
64. Ireland (poetic)
65. Actor — Albert
66. Ting's companion sound
67. Add "rgism" and it's how two things do better than either alone
1. Restaurant or bar bill
2. Public disorder
3. Not working
4. Type of dropleaf table
5. Most common communications medium
6. Add "ous" and it's burdensome, unpleasant
7. Short for number
8. Small cave
9. Spanish for Mr.
10. One who applauds
11. Two make a road for a train
12. "On the" (Brooklyn) (2 wds.)
13. Jimson or rag —
21. Minor ailment
23. Pealed or sliced
26. Frog-like creature
27. A fungus
28. Tropical vine

DOWN

29. Not in
31. Wall hangings
32. Recite numbers
33. Oak or Elm
36. Messages by wire
38. An anesthetic
39. Add an L & you're in jail
42. cigarette receptacle
44. Small pieces to show
46. Relates one (2 wds.) story
47. Signal
49. To fit again
51. Fermented drink
52. Activates car battery
53. To dispatch
54. Arrogant person
55. Breezy
56. Precipitation
57. Sea eagle

Answer to P.M. Crossword

R	E	T	I	R	E
I		I	C	O	N
G	P		E	A	T
H	O	T		M	E
T	O	E	S		R
S	L	E	E	P	S

NOV 13 1989

VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 12

NOVEMBER 12, 1989

Creative Artisans Meeting

The Creative Artisans will be holding a meeting on Nov. 14 at 4 pm in Rhoades. Please attend to find out all about upcoming events.

CEC would like to thank everyone who participated in the Oct. 23 Bloodmobile. Our turnout was small this year due to the late notice but it was still a success. A BIG THANKS TO ALL.

ACADEMIC SUCCESS PROGRAMS

Thursday 11:30 sessions will be cancelled for the remainder of the semester due to time constraints. However, Thursday afternoon 4pm sessions will continue as usual. In addition, hand-out material relating to various academic success topics are available at the "Learning Skills Center" in Montgomery 210, GA Linda Hawkins in Montgomery 209, or from Dr. Kole in 212 Montgomery. If you have specific learning needs or are confused about what you need, please stop by and see us.

Feeling Overwhelmed?

Do things feel like they are mounting up and overwhelming you? Counseling is provided as a service of the University free of charge. The Counseling Office is located at 206 MH.

Hours are:

Monday 5 pm - 9 pm
Tuesday 10 am - 2 pm
Wednesday 10 am - 2 pm

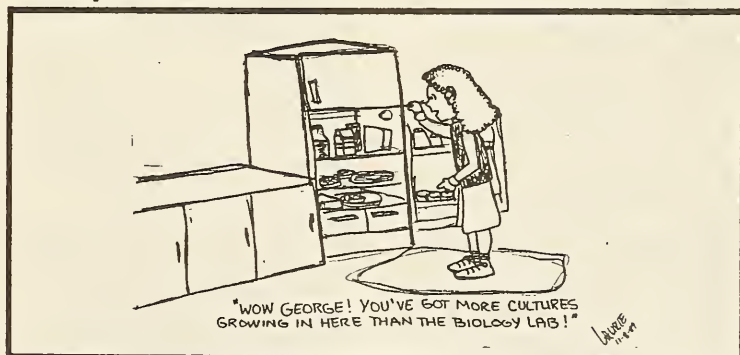
Alternate hours can be arranged if these are inconvenient. To make an appointment, come to the Counseling Center or call the campus at 676-6591 ext. 278 during the above hours. Appointments can also be made at the Frame Office. Walkins are accepted. All counseling services are strictly confidential.

Scholarship Competition

A student poster competition is being held on Main Campus. Make a poster about drug and alcohol awareness and win a scholarship! Contact 202 Egbert on Main Campus.

Stafford Loan Applications Due

Pennsylvania Student applications for Stafford Loans for Spring 1990 are due at the bank by Dec. 15. Out of state students, give your applications to the Financial Aid Office by the end of Final's Week.



COURSE CANCELLATION:
CIS 164 Intro to Programming and Algebra II is cancelled for Spring 1990.

I'd like to thank Laurie Black for the contribution of her cartoons to the Bulletin and those other few who also supply me with info.

DB, Ed.

Beacon Lodge



Camp for the Blind

Positions available for students interested in providing a summer of recreation for blind and visually handicapped children and adults. Beacon Lodge, located in central Pennsylvania, is seeking camp counselors for ten and twelve week camping programs. In addition to General Counselors, there is a need for a WSI, Canoeing Instructor, Archery Instructor, Crafts Instructor, Nature Specialist, and Nurses and Lifeguards. The summer offers a well-rounded program of activities from bowling to overnight canoe trips down the Juniata River. To request an application and/or additional information, write:

P.O. Box 428, Lewistown, PA 17044
or call 717-242-2153

The CEC skate-a-thon was a HUGE SUCCESS. Thanks to all. They raised over \$500 for Special Olympics. They appreciated everyone's hard work. Thanks for helping help others.

**Yearbook
Photos:
Nov 15 in
Rhoades
6pm - 8pm
for ALL
graduating
students.**

Internship Opportunities

There are many opportunities for internships with the Pennsylvania Historical and Museum Commission. The Commission (PHMC) is a large, integrated historical agency with 29 museums scattered across the state, a large collection of historical artifacts, the State Archives, archeology, historic research and preservation programs and other related historical activities. There is also a museum-related life and earth science program and a large collection of fine arts. The PHMC has over 50 professionals capable of giving training in almost every museum discipline and in the history, archives, publications, public relations, and preservation fields. Internship offers students a chance to get practical, hands-on experience, to test knowledge and principles learned in an academic environment against real-world problems and to gain an understanding of the full range of activities involved in the chosen field of study. Internships are tailored to the specific research or discipline interests and abilities of the student, but usually include a range of general duties as well. There are a variety of internships available. PHMC has a paid Government Service Internship Program which employs up to 60 students over the summer. Internships during the fall and winter semester are also possible, and part-time unpaid internships can also be arranged. All sites are eligible for various programs such as Pennsylvania Higher Education Assistance Agency grants, etc. Almost all internships can be developed for course credit through the cooperative agreement between the supervisor, student, and internship advisor. For more information, contact *Bulletin* editor Diane Becker via the mailbox in Frame (leave name and number to be called) or by stopping by room 211 MH.



Pay a Visit to The Visit

On November 14 - 18 at the Little Theatre in Clarion, Frederick Durrenmatt's *The Visit* will be performed. Winner of the New York Drama Critic's Circle Award for the best foreign play of the year, this is an unforgettable play about corruption, false justice, and revenge by a master of postwar European theatre. Individual tickets go on sale 10 days prior to the opening of the show a \$4 per ticket.

Go Walking in a Winter Wonderland

The Venango Campus Christmas Dinner/Dance is scheduled for Dec. 2 at the Wanango Country Club in Reno. Music by *Score*. Social hour from 6 pm - 7 pm. Dinner starts at 7 pm. Dancing starts at 9 pm and ends at 1 am. Students and guests \$5 each, faculty \$10 each. Tickets will be available in Frame Office. Admittance by ticket only.

A friendly reminder-- any children who accompany students on campus must be under the direct supervision of an adult. Parents who bring children on campus while attending classes must provide or ask another adult to supervise them while in class.

Rhoades will be closed on Fridays unless an organization or group has a space request to use the facility. Permission is necessary for individual activities.

The Community Playhouse Presents:

"Talking With..." by Jane Martin on November 16 - 18 in Rhoades Auditorium. The production is directed by William Trimble and produced by Robert Schultheis. "Talking With..." is a play presented as 11 monologues which range from comedy to tragedy. For this performance, the director has chosen 11 different actresses. Tickets are available in Frame Office or from any Playhouse member.



The Bulletin is running Happy Ads again this semester. Ads cost \$.25 with no limit on length (within reason). Submit to the Bulletin mailbox in Frame before 2 pm on Thursday.

Rosann,
Thank you so much for the cookbook. It means a great deal to me. Thanks!!
Diane



Need Photo ID Pics Retaken

The following people need to check with Rosann Rookey to have their ID pictures retaken:
Randy Dayton
Raymond Wolf
Norma Jean Scurry
Phyllis Osgood
Vicki McClellan

Mario's Italian Beef & Sausage
405 East 2nd Street
Oil City, PA
Carry Out Italian Sandwiches

FEATURING:
Italian Beef
Italian Sausage
Italian Meatballs

OPEN:
11 am - 6 pm
Monday - Saturday
676-9558

Tips From The Tutoring Office

by Linda Hawkins
Are you talking to yourself these days? Not a bad idea when it comes to textbook studying!! If all you're doing is reading your textbook chapters, then chances are you will remember less than one-third of the material by the following week. You must do something active with textbook information in order to fix it in your memory.

Before reading a chapter section, form some questions on the material either mentally or on paper. After reading, look up from your book and answer those questions you posed in your own words. In addition to reciting to yourself, you might consider writing out question and answer sheets for later study and review.

Need more tips on tackling textbooks? Visit the Tutoring Office in rooms 209 and 210 Montgomery.

The Creative Artisans would like to thank all of those people who participated in the Pumpkin Carving Contest and congratulations to all the winners!

Need Academic Help?

If you're not doing as well as you'd like in some or all of your classes, consider visiting the Tutoring Office in rooms 209 and 210 of Montgomery Hall. Fill out a Tutor Request Form and you can receive help in studying skills and in specific subject areas. Tutor hours and subjects are: Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills

Mon & Tues	10am - 5pm
Wed & Thur	10am - 1pm
David Heath; Math, Biology, Education Courses	
Mon & Fri	12:30pm - 5:30pm
Connie Jablonski; Math, Accounting, English Comp.	
Mon & Wed	10am - 12pm
	2pm - 4pm
Tues	2pm - 4pm
Don Kellner; Math, Accounting	
Mon & Wed	5pm - 6:30pm
	7:45pm - 8:45pm
Tues	5pm - 6:30pm
Thurs	5pm - 8:30pm
Jim Bickel; Chemistry, Physics, Earth Science	
Mon & Wed	8am - 10am
Tues & Thur	1pm - 4pm

Change of Status Time

Monday through Friday from 1pm - 4pm only. Anyone who finds it necessary to file a change of status must see Mrs. Shaughnessy in Frame Office. She will accept forms during the aforementioned hours. It is the student's responsibility to check in Frame Office to see if their changes are implemented.

University Book Center

20% off ALL
C.U.P.
Clothing
excluding sale
merchandise

25% off All
Writing Instruments,
Markers and Refills
Christmas is coming!

SALE
Nov. 9th
thru
Dec 8th

Letter to the Editor

Dear Editor,

Last week's editorial, "Where are the Senators?," was completely uncalled for. The Student Senators work very hard for the students of this campus.

I don't think you are aware of the work some of the Senators put into the Halloween Dance. While Beth McConnell was putting up the decorations you so graciously helped her with, other Senators were out picking up supplies and refreshments for the dance and all night movies.

And don't leave out all the preparation and planning for the dance. Senators had to pick out decorations, place orders, hire a DJ, and have contracts signed.

There are more than nine students on this campus. If we want to accomplish anything at all, I think we need the help of everyone. We all need to work together. After all, we are all members of the Venango Campus Student Association.

Sincerely,
John J. Kluck
Secretary/Treasurer
Venango Campus
Student Association



**NURSING CLUB
BAKE SALE
THURSDAY NOV. 16
IN RHOADES
CENTER.
THERE WILL BE
COOKIES,
BROWNIES,
MUFFINS, PIES AND
OTHER TASTY
GOODIES!**

Ping Pong Tournament

If you are interested in the campus ping pong tournament, see Jeff Smith to sign up. There will be singles and doubles matches. You must be a student of Venango Campus and show your ID to prove it. The tournament rules will be posted around campus. Date of the matches to be announced later.



**Ski Club Meeting on
Thursday, November 16 at
1:30 pm in Rhoades Center.**

Venango Campus BULLETIN

NOV 17 1989

Edited by: John Kluck

Published by the students and faculty

VOLUME 10 NUMBER 13

NOVEMBER 20, 1989

Walking In A Winter Wonderland

The Venango Campus Christmas Dinner/Dance is scheduled for Dec. 2 at the Venango Country Club in Reno. Music by SCORE. Social hour from 6 pm - 7 pm. Dancing starts at 9 pm and ends at 1 am. Yes, dinner is served in between. Students and guests - \$5.00 ea. Faculty - \$10.00 ea. Tickets are available in Frame Office. Don't miss this wonderful opportunity for an evening of fun.

Venango Campus clubs please contact Tom Irwin by Nov. 28 so appointments can be made to have group photos taken.

MOVIE

The Movie "Dead Poets Society" will be shown in Rhoades Auditorium on Thursday, Dec. 7 at 7:00 pm. There is no admission charge, but seating is limited. Tickets will be available in the Frame Administration Office beginning November 27.

**"Remembering
When" has
been chosen as
the 1989-90
Yearbook
Theme.
Thanks to all
who voted.**

The Student Senate would like to say HAPPY THANKSGIVING you big bunch of turkeys.

Suhr Library
will be open
Wed., Nov. 22
from
8 am to 4 pm.
The library will
be closed
Nov. 23-26.

Creative Artisians

On December 7, the Creative Artisans will be holding an international cookies hour. Everyone who signs up will bring cookies from different countries to share along with their recipies. Don't miss the chance to sample these deluctible goodies. Sign up in Rhoades as soon as possible.



RECEIVED

NOV 27 1989

VENANGO CAMPUS

BULLETINEDITED BY: **DIANE BECKER**

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 14

NOVEMBER 27, 1989

**Walking In A Winter Wonderland**

The Venango Campus Christmas Dinner/Dance is scheduled for Dec. 2 at the Venango Country Club in Reno. Music by Score. Social hours from 6 pm - 7 pm. Dinner begins at 7pm. Dancing starts at 9 pm and ends at 1 am. Students and guests - \$5.00 ea. Faculty - \$10.00 ea. Tickets are available in Frame Office. Don't miss this wonderful opportunity for an evening of fun.

Income Tax Seminar

The Oil City YWCA will hold an income tax seminar on Wednesday November 29 at 7:00pm.

Mrs. Patty Feroz from H&R Block will present helpful information for filing taxes.

Topics will include new tax laws, partnership filing, tax tips for real estate along with information for single parents and senior citizens.

The program is open to men and women. The fee is \$2.00 for YW members and \$4.00 for non-members.

Registration is required and can be made by calling the YWCA office at 676-6528. Deadline to register is November 28.

Funny money plan

A charge account is a means of buying today what you can't afford tomorrow while you're still paying for what you bought yesterday.

CEC MEETING

CEC will be having a meeting Thursday, Nov. 30 at 5:30 pm featuring a guest speaker on the Mentar Program. This will be the last formal meeting for the fall semester. All members should attend for officer elections and final business.

**MOVIE TO BE SHOWN**

The movie "Dead Poets Society" will be shown in Rhoades Auditorium on Thursday, Dec. 7 at 7:00 pm. There is no admission charge, but seating is limited. Tickets will be available in the Frame Administration Office beginning November 27.

**Psychology Club
meeting on Thursday
Nov. 30 at 12:30 pm
in room 101
Montgomery.**

**Creative Artisans Cookie Hour**

On December 7, the Creative Artisans will be holding an international cookies hour. Everyone who signs up will bring cookies from different countries to share along with their recipes. Don't miss the chance to sample these delectable goodies. Sign up in Rhoades as soon as possible. For those who would like to participate but are having trouble finding a recipe, suggestions are available from Dr. Ritter or Tina Moon. After choosing the type of cookie, drop a copy of the recipe in Dr. Ritter's mailbox and it will be included in the collection of recipes that will be available on Dec. 7.

Scholarship Available

The Business and Professional Women's Club of Oil City has a \$150 Grace B. Daniels Scholarship available for the second semester. Applicant must be a female returning to the job market. For info and an application, write to: Kimberly S. Fornof, Scholarship Chairman, BPW, 275 Cedar Avenue, Oil City, PA 16301.

Venango Campus clubs please contact Tom Irwin by Nov. 28 so appointments can be made to have group photos taken.



Tips From The Tutoring Office

By Linda Hawkins

"The difference between the right word and the almost right word is the difference between lightning and the lightning bug." --Mark Twain

When faced with writing projects, do you often times find yourself struggling for just the right word? Consider using a thesaurus - a type of dictionary that lists synonyms and antonyms under the most commonly used versions of particular words. Correct use of a thesaurus (Latin for "treasure house") can add variety and exactness to your writing. The Tutoring Office, room 209 Montgomery, has a limited number of thesauruses available for student use. To sign out a thesaurus, stop by room 209 Montgomery.



HAPPY ADS

I would like to wish all ALO members and officers a Happy Thanksgiving. Have a safe holiday!

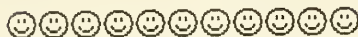
*Best wishes,
Daisy Myers
ALO Pres.*

Thanks SO much to the Rhoades coordinator for all the help with Nursing Club Bake Sale.

Nursing Club

I want to wish Ralph Motter, Shirley Rice, Britt Detillia, Geneva Maleski, and Kathy Ray a very happy Monday! Thank you for your help with the vfw dinner on Nov. 11.

*With love,
Daisy*



Letter to the Editor

The ALO Thanksgiving Dinner was a huge success. Over 118 people were in attendance. I would like to thank everyone who attended and brought their families to enjoy the meal with us!

Special thanks go to those who helped make the dinner a big success: Shirley Rice, Rosann Rookey, Kathy Ray, Geneva Maleski, Rhoades Coordinator Ralph Motter, Ron Schlecht, and Tom McLaughlin. Thanks also to Lou Adelson for supplying the movies for entertainment.

*Daisy M. Myers
ALO President*

Editor's Note: The meal WAS spectacular, the company even more so. You should feel proud of yourself, Daisy. So should all of the people who brought food. It was delicious!



Congratulations to the Girls Extramural Volleyball Team for the win at Pitt-Titusville. Team members are Amy Hill, Keokee Craft, Julie Bodamer, Kelly Meehan, Janey Slagle, Tammy Brown.

Nutrition Tips #2

By Dr. Glenn McElhattan

With the holidays fast approaching, weight control and dieting are on many people's minds. Should we lose weight before the holidays so we can go wild and pig out on the special holiday foods? This probably not a good strategy. Psychologically, it can be self-defeating. Weight control is something many people manage very well without giving it any thought. Others of us are not so fortunate. We must give careful consideration to what we eat (our diet) and to our expenditure of energy through work and exercise.

If you fall into this latter group, then weight control strategies should be practiced all year long, every year, for the rest of your life. It can be relatively easy, doesn't require a great deal of knowledge, becomes easier the longer you stick with it, and can allow you to lead a longer healthier life. It doesn't mean dieting unless you are overweight, and even if you are 10-20% overweight, can involve diet plans that are no severe or penalizing.

A good reducing diet obviously has to provide fewer calories taken in than expended. Beyond that we should look for diets that provide all nutrients other than calories in adequate amounts. Satiety should be provided for by including adequate volume of low calorie foods and including a small amount of fat with meals. Additionally a good weight-loss diet should be reasonable in cost, easily followed over a long period of time, and set a pattern for our eating behavior for the rest of our life.

It is probably best to design your own diet plan which could be as simple as slight reductions in portion size, occasional substitutions of lower calorie dishes for calorie-laden dishes, and reducing the amount of saturated fats in our normal food choices. A future article will detail a variety of tips for making these simple

adjustments without sacrifice on your part.

If you must choose from a printed diet plan, be advised that leading nutritionalists find fault with over 80% of the diet plans that have been advocated in recent years. Among the few acceptable plans are the American Heart Association's Prudent Diet, the Weight Watchers Diet, the I Love New York Diet, and the Redbook's Wise Woman's Diet.

Finally, unless you are extremely obese it is not wise to lose more than one or two pounds per week. Any greater loss than that will probably be more from body protein than fat. More tips will follow in later issues of the *Bulletin*.

A special thanks to those who were involved in the return of one of the two stolen VCRs. No questions were asked concerning its return. We hope this response in good faith will prompt the return of the other VCR. If anyone may know of its whereabouts, please persuade the individual(s) to return it - again, no questions asked. If not, the police will continue to investigate those individuals currently under suspicion.

New Change-of-Advisor forms are now in the Office. This form must be filled out prior to any change of advisor. Space Request forms must be filled out and returned to the Office at least 3 working days in advance.



Running On Empty?

Do you feel like you are running on empty? Free and confidential counseling is available for Venango Campus students. The Counseling Office is located in Montgomery Hall room 206. Hours are:

Monday 5pm - 9pm

Tuesday 10am - 2pm

Wednesday 10am - 2pm

To make an appointment call 676-6591 ext 278 or come to the Counseling Office during these hours.

Mario's Italian Beef & Sausage

405 East Second Street

Oil City, Penna.

Carry Out Italian

Sandwiches

FEATURING:

Italian Beef

Italian Sausage

Italian Meatballs

OPEN

11 am to 6 pm

Monday - Saturday

676-9558

"Preparing For Final Exams" Program

Dr. Jim Kole will be presenting a program designed to aid you in studying for Final Exams, which are just around the corner. Be in room 212 Montgomery at 4 pm for help.

I. R. S.
FORMS DESIGN



In our description, remember that simple is the word for complicated, and detailed is the word for unfathomable!"



"Have a nice day."

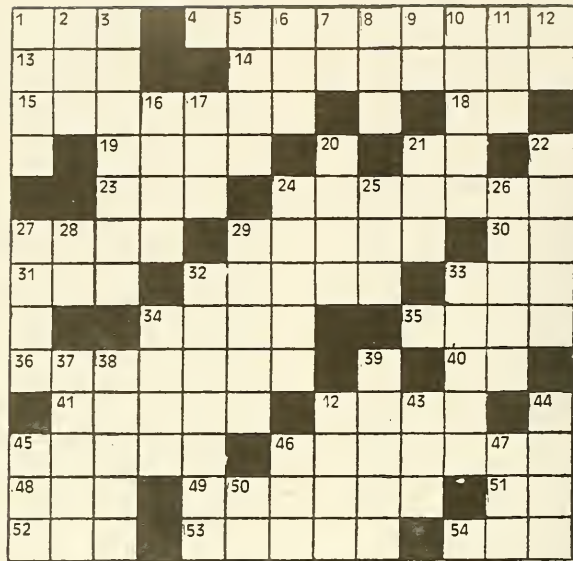


"Our security system offers 24-hour protection."

Seeing Red

This colorful word is more than a simple adjective. Each correct answer to the clues given below includes the word "red".

1. An old West card game, 2 words.
2. Operating at a loss, 3 words.
3. Something that draws attention from the issue at hand (2 words)
4. If it's not worth one, it's valueless (2 words).
5. A danger signal (2 words).
6. Old song "(2 words) in the Sunset".
7. Courageous or viral (2 words hyphenated).
8. Excessive paperwork or procedure (2 words).
9. Someone with auburn hair (1 word).
10. Body of water touching Africa (2 words).
11. Fish of genus *Lutjanus* (2 words).
12. Southern bigot (1 word).
13. A memorable day (2 words hyphenated).
14. Excited or enthusiastic (2, words hyphenated).
15. Poor quality whiskey(1 word).
16. Roll it out for guests (2 words).
17. Person who helps with your luggage (1 word).
18. Huge trees of California (2 words).
19. To revise or sensor (2 words hyphenated).
20. Neighborhood containing brothels (3 words).



Health Tip Crossword

ACROSS

1. Tip: Get cholesterol checked at a hospital
4. Tip: Remember that some medications are — (habit-forming).
13. Mineral (abbr.)
14. Revised
15. Tip: Be sure to get enough of each (nutrient)
18. Street (abbr.)
19. Catching device
21. 16th letter of Greek alphabet
23. Tip: Know how to call an ambulance and an (Emergency Medical Technician, abbr.) for help.
24. Tip: Health should be supervised by this type of doctor
27. To put under ground
29. Tip: Good health makes spirits (fly high)
30. Southern state (abbr.)
31. Solution (abbr.)
32. Pieces of the whole
33. Strike gently
34. WWII movie — Tora, Tora, —
35. Opposite of that
36. Tip: You may tire easily without this natural substance in your diet

DOWN

40. Certified nurse (abbr.)
41. Evil being
42. Symbol or emblem
45. Stacks
46. Tip: Get this kind of exercise for cardiovascular health
48. Hearing organ
49. Island surrounded by water
51. Chemical engineer (abbr.)
52. Multiple listing Service (abbr.)
53. Tip: If you (lose footing) on your diet, start again
54. Tip: Spend enough time in — so you feel rested tomorrow

17. Tip: To avoid bruises exercise on a (pad)
20. Tip: Good source of protein, but watch your cholesterol!
21. Private Investigators (abbr.)
22. Hits
24. Tip: This type of conduct may prevent AIDS
25. Doctors (abbr.)
26. Once more
27. Soothing ointment
28. Tip: Too much fat is(— healthy)
29. Thermoplastic resin
32. Tip: Get enough calcium to prevent (osteo—)
33. Rhythmic ache
34. Temperature (abbr.)
37. Perfect
38. Gets close to
39. Tip: Good-fitting shoes prevent these on feet
42. Jump far
43. Supreme being
44. Completed very successfully
45. Bottom of a dress
46. Actress McGraw
47. Tip: Put (frozen water) on a sprained ankle
50. Straight line (abbr.)

VENANGO CAMPUS

RECEIVED

DEC - 4 1989

BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 10 NO. 15

DECEMBER 4, 1989

Students: Please pick up your registration packets for next semester. They will be in the lobby in Frame. If you are pre-registered, there will be a packet there with your name on it.

Poetry Competition 1990

The Chester H. Jones Foundation is announcing a national poetry competition. Anyone who is a citizen of the US or Canada or anyone who is living, working, or studying in the US can enter. Entries must be submitted or postmarked by MARCH 31, 1990. Competitors may submit no more than 10 poems. Each poem will be judged separately. All poems submitted must be written in the English language and must be the unaided work of the competitor and must not have been previously published or broadcast. The author's name (or pseudonym) must NOT appear on the manuscript, but must be given on the entry form. Entries must be typed on 8 1/2 by 11 inch white paper, one side only. Each entry can not exceed 32 lines in length. 3 copies of each poem must be submitted. For more information or an entry form, contact *Bulletin* editor Diane Becker in the Career Lab in room 211 Montgomery.



Public Affairs Secretary/Assistant Wanted

Will assist with policy/ procedure and campaign research; maintain departmental files and psa inventory; prepare/ distribute departmental correspondence; assist with projects for department and community relations campaigns. Good clerical (40-60 wpm), organizational, and communication skills; computer related experience; knowledge of broadcast industry desired. Submit letter of application and resume immediately to Gay M. Ball, Public Affairs Director; WTXF-TV 29; 330 Market St.; Philadelphia, PA 19106.



Essay Competition on Women's Issues

The Women's Conference of the Commission on the Status of Women will award \$100 to a CUP student who has submitted a paper dealing with women's issues or concerns. The paper must have been written for a course a CUP in any discipline (the arts, business, communications, education, history, humanities, library science, science, social science). Papers should be submitted by MARCH 9, 1990, to Dr. Bobby Cummings in 262 Carlson on main campus.

Running on Empty?

Do you feel like you are running on empty? Free and confidential counseling is available on campus. The Counseling Office is located in Montgomery Hall in room 206.

The hours are:

Monday	5pm - 9pm
Tuesday	10am - 2pm
Wednesday	10am - 2pm

To make an appointment, call 676-6591 ext. 278 or come to the Counseling Office during these hours.



Creative Artisans Cookie Hour

On December 7, the Creative Artisans will be holding an international cookies hour. Everyone who signs up will bring cookies from different countries to share along with their recipes. Don't miss the chance to sample these delectable goodies. Sign up in Rhoades as soon as possible. For those who would like to participate but are having trouble finding a recipe, suggestions are available from Dr. Ritter or Tina Moon. After choosing the type of cookie, drop a copy of the recipe in Dr. Ritter's mailbox and it will be included in the collection of recipes that will be available on Dec. 7.



Tips From The Tutoring Office

By Linda Hawkins

Got a headache from worrying about what's on your final exams? In order to prepare effectively for any test, you need to know what to expect from it. Your instructor is a prime source of information. He or she should be willing to answer your questions about the test content (comprehensive? covering only certain material?) and format (objective questions? essay questions? or a combination?).

Take the initiative to find out what's expected of you, and plan your study strategy accordingly. The Tutoring Office, rooms 209 and 210 Montgomery, will be open during Finals Week to assist students in preparing for their final exams.

Are you interested in a student job this spring? Venango Campus is in need of some student employees in various offices on campus. Please pick up an application on the brochure rack outside of the Frame Office. Fill it out TODAY and return it to Bonnie in the Office.

Venango Campus welcomes the official beginning of the new Psychology Club! The first meeting of next semester will be on January 25.

Nutrition Tips #3

by Dr. Glenn McElhattan
In the last "Nutrition Tips" we pointed out the characteristics of a good weight loss diet. Briefly that includes slightly lowered caloric intake, provision for all other nutrients in adequate amounts, provision for satiety by including bulky low calorie foods and a small amount of fats, reasonable cost, easily followed, and setting a pattern for life-long eating behavior. In addition we pointed out the wisdom of restricting weight loss to one to two pounds per week.

Suppose you want to accomplish these goals by making minor adjustments in your current eating behavior. Are there some simple things you can do which will not make you feel deprived? The answer is yes! Several strategies have been proposed. One or more may work for you.

One very good technique is to look for lower calorie substitutions. In this way you can enjoy similar food with a savings in calories. Substituting a cup of green beans at 30 calories for a cup of baked beans at 320 calories allows a savings of 290 calories. Substituting a lean 3 ounce hamburger at 145 calories for a regular 3 ounce hamburger at 240 calories effects a savings of 95 calories. Replacing a cup of fried potatoes at 480 calories with a 2 1/2 inch in diameter baked or boiled potato at 100 calories allows you to save 380 calories. Even if we add two pats of butter or margarine at 35 calories per pat we still have saved about 300 calories. Although margarine and butter are about equal in calories, margarine is the better choice. Butter is higher in saturated fat and also contains cholesterol. If you want a list of some other substitutions you might make, stop by 103 Frame.

Another technique is to use habits to help you trim weight. For instance, if a working man who stops for one beer on the way home from work would go straight home one day a

week, he should lose 2 1/2 pounds in a year's time. If you could eliminate one pat of butter or margarine daily, you would lose 5 pounds in one year. If you would give up a half a serving of French fries twice weekly, you would lose 3 pounds in a year. Of course these examples assume that you do not replace these foods with something else. While this technique may not be a very practical weight loss plan by itself, it can serve to make us more aware of our food choices and their long term consequences. A longer listing of foods to omit for a yearly weight loss is also available in room 103 Frame.

Another tip: Leave bowls of food off the table. Instead serve reasonable size servings directly on plates and bring these to the table. This will then require a conscious decision on your part to get up from the table and go back to the kitchen for more. Even if you give in and do this, you can decide on the way to the kitchen to keep the second portion small and you will have expended a few calories in the trip to the kitchen and back. Good luck to you and more tips next time.

Assistant Editor Needed

The *Bulletin* needs an assistant editor. The current editor will be leaving after the end of the Spring semester and needs to train someone else to replace her for the Fall '90 semester. The assistant editor position is voluntary and without pay, but editorship is a paid position. See Rosann Rookey in room 213 Montgomery or Diane Becker in room 211 Montgomery if interested.

Andy Rooney says:

The two biggest sellers in any bookstore are the cookbooks and the diet books. The cookbooks tell you how to prepare the food, and the diet books tell you how not to eat any of it.

**Graduates
Last Chance For
Photographs
Tuesday Dec. 12
6pm Rhoades**



Tips From The Tutoring Office

By Linda Hawkins

Got a headache from worrying about what's on your final exams? In order to prepare effectively for any test, you need to know what to expect from it. Your instructor is a prime source of information. He or she should be willing to answer your questions about the test content (comprehensive? covering only certain material?) and format (objective questions? essay questions? or a combination?).

Take the initiative to find out what's expected of you, and plan your study strategy accordingly. The Tutoring Office, rooms 209 and 210 Montgomery, will be open during Finals Week to assist students in preparing for their final exams.

Are you interested in a student job this spring? Venango Campus is in need of some student employees in various offices on campus. Please pick up an application on the brochure rack outside of the Frame Office. Fill it out TODAY and return it to Bonnie in the Office.

Venango Campus welcomes the official beginning of the new Psychology Club! The first meeting of next semester will be on January 25.

Nutrition Tips #3

week, he should lose 2 1/2 pounds in a year's time. If you

In the pointerist diet, slight provi nutritie provi includ foods fats, follow for lif In adwisd loss 1 week

Sup acco makin your Are t you i make answ strat prop work

Or to lo subs can i savin tutini 30 ci bean savin Subs hamb a reg at 24 savin Repla pota a 21 or b caloi 380 two mag: pat 300 mag equa the l high

also contains cholesterol. If you want a list of some other substitutions you might make, stop by 103 Frame.

Another technique is to use habits to help you trim weight. For instance, if a working man who stops for one beer on the way home from work would go straight home one day a

Montgomery is interested.

Andy Rooney says:

The two biggest sellers in any bookstore are the cookbooks and the diet books. The cookbooks tell you how to prepare the food, and the diet books tell you how not to eat any of it.

Who is Excellent?

submitted by Dr. Martha Ritter

How excellent is our name in all the earth, for we are the makers of things. Big things, little things. Things that whirl and whiz. Things that pop and sputter. Things that burn and cool. Things that glow and dazzle. How excellent is our name, for we are the makers of things.

How excellent is our name in all the earth, for we are the makers of books. Wise books, wordy books, thousand-page-long books. Cook books, look books, how-to-catch-a-crook books. Millions of pages and trillions of words. A flood tide to words; empty, noisy words.

How excellent is our name in all the earth, for we are the makers of sounds. Loud sounds, soft sounds; melodies and cacophonies. Harmonies, dissonances, and noise, harsh round-the-clock noise. Ear splitting noise. Shrieking, crying, death defying noise. How excellent is our name for we are the makers of noise.

How excellent is our name in all the earth, for we are the makers of waste. Nuclear waste, toxic waste, household sewage by the ton. Enough to choke creation, to finally do ourselves in, without God interfering in the judgement. How excellent is our name in all the earth?

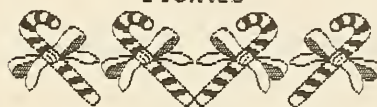
Humans run the world as if it were so, as if we were the excellent source and center of the world. But we know, or ought to know, that that isn't so. We may have the capacity for a Mozart symphony, but we also have the willingness to jack-hammer all night long.

We know, or ought to know, in our heart of hearts that it is this egocentricity, this belief in our own excellences which has brought us to the possibility of overheating earth, clogging it in garbage, washing it in toxic waste. We know, or ought to know, that the earth will be cleansed only when we act on the excellencies of the Earth's life system. We know, or ought to now, that the human species can only survive when it learns to live in harmony and respect with other life forms on the only spaceship which can support life as we know it.

This is one author's view of environmental ethics. Is it valid, is it eccentric, is it worth consideration? Students in the spring environmental ethics course will critically review similar essays to help define their own views of the human place in the Earth's environment and define a social statement by which all people might do well to follow. Join us in Biology Special Topics 400 to better understand the process called life and the system called Earth.

TAKE A STUDY-BREAK IN ROOM 105 FRAME DECEMBER 11-14

Coffee Tea Hot Chocolate
Cookies



Letter to the Editor

Taking on the responsibility of editing the campus newspaper could not possibly be easy.

When something needs to be put in the *Bulletin*, thanks to the editor, the articles are PROMPTLY listed in the newspaper.

There has never been one time when the editor was given information from myself or from ALO that the information was not printed.

All too often in this hurried-up world thanks is not given where and when it is deserved.

I would like to take this opportunity to thank Diane Becker for the wonderful job she does editing the *Bulletin*. Keep up the good work, Diane!

With much thanks,
Daisy M. Myers
ALO President and
Student Senator

Thanks, Daisy. I wouldn't be able to do anything without support from people like yourself. -DB



Are we willing to fight for a drug-free country?

A new tide of anger and disgust is sweeping across America. We're tired of drugs, incensed at the dealings of drug sellers, and outraged at the tactics of foreign drug lords. It's the first step. Public opinion has changed. In the '60s some drugs were linked with peace and love. Today they are linked with crime, low productivity, and devastated children...even babies. Does arresting drug dealers help solve the problem? Sure. But there are 22 million American cocaine users. As long as we tolerate them, and as long as there is a demand for drugs, a way will be found to supply them. It will take public opinion, public pressure, and law enforcement upon the casual user to turn the tide. The person who breaks the law with an automobile is fined or sent to prison. The shop-lifter and the check forger ultimately meet with justice. The individual drug user must know that he or she will also pay a high penalty for breaking the law. In a recent nation-wide survey, drugs were named as the greatest problem facing the nation - named as the greatest problem by a wide margin over any other issue. Each of us must do our part in the war against drugs. We must make it known that we disdain users and will not allow them in our homes. We must support all legislation aimed at the casual user, from loss of automobiles to jail terms. It's the government's job to stop drug dealers. It's our job to support them and let everyone who uses drugs to know that we will not tolerate that kind of destructive behavior in our presence. Your opinion and mine may not help present users to quit, but it could very well show young people that starting is dumb. And we can convince casual users that they have plenty to lose by continuing. Will you help? Will you join the war on drugs?



MOVIE TO BE SHOWN

The movie "Dead Poets Society" will be shown in Rhoades Auditorium on Thursday, Dec. 7 at 7:00 pm. There is no admission charge, but seating is limited. Tickets will be available in the Frame Administration Office beginning November 27.

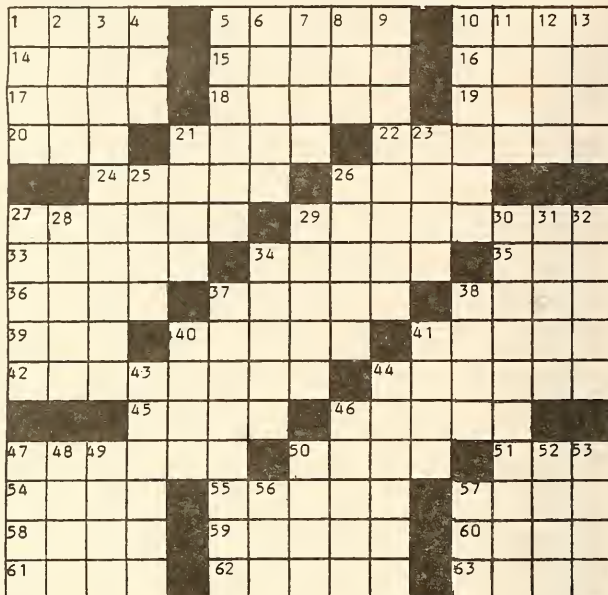
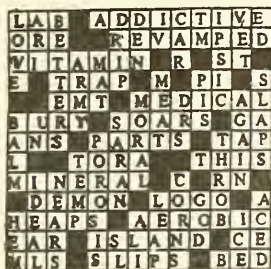


"Now we know to the penny how broke we are!"

Answer to Seeling Red

1. Red dog; 2. In the red; 3. Red herring; 4. Red cent; 5. Red light; 6. Red Sails; 7. Red-blodded; 8. Red tape; 9. Redhead; 10. Red Sea; 11. Red snapper; 12. Redneck; 13. Red-letter; 14. Red-hot; 15. Redeye; 16. Red carpet; 17. Redcap; 18. Redwood; 19. Red-pencil; 20. Red light district.

Answer to Health Tip Crossword



Winter's Day Crossword

ACROSS

1. Assistant
5. Organic compound
10. Critic Rex
14. Gratis
15. Practical
16. Sea Eagle
17. Hot bread
18. Non-express
19. Satisfy
20. First number
21. Part for an actor
22. Newspaper bigwld
24. Tool to make grooves
26. Female servant
27. Sparse
29. Skin beautifier
33. Opening on a ship's deck
34. Loathes
35. Historic period
36. Songstress Adams
37. Ventured
38. Apartment
39. Self
40. Prejudiced person
41. Mediterranean island
42. Pit's companion, a la Poe
44. Chick

45. Great Lake

46. One of Beethoven's symphonies
47. Cord
50. Rhymester
51. Sphere
54. Branch of math, for short
55. System of conduct
57. Singleton
58. Regal beast
59. Slipknot
60. — Descartes
61. Chooses
62. Tinted
63. Scent

DOWN

1. Natural hairdo
2. Press
3. Representative body
4. Serpent-like fish
5. Speech of praise
6. Thieved
7. Lure (poetic)
8. High note
9. Let go
10. Dwell
11. Part of Q.E.D.
12. Internal (Comb. form)
13. Hoofed animal

21. Slugger Babe

23. Lower, as a light
25. A single time
26. Sacred composition
27. Ram or ewe
28. To beg
29. Rebound
30. Called
31. Angry
32. Serve at a party
34. Seat of Dutch government
37. Hard working
38. Worry
40. Scorch
41. Penny
43. Condescends
44. Put together
46. Din
47. WWI battle site
48. Voyage
49. Mob disturbance
50. Phonetic (abbr.)
52. Divorce capital
53. Brother a la Uncle Remus
56. Also
57. Spanish gold

VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER
PUBLISHED BY THE STUDENTS AND FACULTY
VOL. 10 NO. 16 DECEMBER 11, 1989

T'was The Night Before Christmas....

by Butch Huffman

Twas the night before
Christmas
And all through C. U. P.,
Not a creature was stirring,
Not even a pup.

The students were nestled
All snug in their beds,
As visions of class notes
Danced in their heads.

You'll never guess
Who appeared in our thoughts,
But Glenn McElhattan
With his symbols and dots!

To make things worse,
There's a teacher named
Weiss,
When it comes to bears,
Her thoughts aren't so nice.

Her concern for her class
Just can't be beat,
She is willing and helpful
And is always so sweet.

Essay after essay
Is required each week.
It's no wonder,
We're all dead on our feet!

Just when we thought
We were getting things right,
Who should appear
But good ol' Barb Stright.

Here comes McElhattan
So mild and meek,
With his box of "Tinker Toys"
He considers a treat.

"We have to learn molecules,"
He said with a gleam,
"In addition to that,
We will study amines."

There's a special man
That takes care of our needs.
It's Ron Schlecht;
He's the big cheese!

The girl at the snack shop
Always finds time
To serve all the food
And is pleasant and kind.

To the rest of the teachers,
Please don't feel bad.
McElhattan and Weiss
Are the only teachers I've
had!

Many of us
Have a long way to go.
Those who are graduating
Are snickering, "Ho, ho."

We have studied a lot
And were we ever taught
Definitely more
Than we ever thought.

With Psych and Chemistry
And notes of all kinds,
We were sure by December
We'd all lose our minds!

Looking ahead
We see the end of the line.
Then we'll agree
It's been well worth our time.

Thanks Mrs. Weiss
And Lenny Abate.
What can I say,
You've both been so great.

To the tutors and counselors
Who acted so kindly,
Who helped us through
As we struggled so blindly:
[Thanks!]

And last but not least,
We give thanks to the college.
This is the place
That offered us knowledge.

On Cheryl and Missy
And Daisy and Christy,
As graduation nears,
Eyes become misty.

As old friends depart
And new friends appear,
Let's raise our glasses high
And wish everyone good
cheer.

The professors exclaimed
As they drove out of sight,
"Increase your knowledge!
Study tonight!"

Thanks Butch. You're really
talented! -DB



"Martha, I think you're going a little
overboard on the decorating this
year!"



"I'll make you a deal on this one —
it's an '88."

Nutrition Tips #4

Holiday Edition

by Dr. Glenn McElhattan

Whether you are on a weight control diet, a weight loss diet, or paying no special attention to what you eat, the holidays pose a unique problem. You may overindulge at Thanksgiving. This may be followed by several pre-Christmas parties, a big family Christmas meal (or two), and all the special cookies, candies, fruit, nuts, and dessert. It is a real challenge for many of us to come through this season without a significant gain in weight. With a bit of prior planning we can meet that challenge.

When you attend a party with a table full of snack foods, special dishes, and hors d'oeuvres, put a few items on a plate or napkin and move to another room or another part of the room. Don't stand at or near the table. It is too easy to take more and lose track of how much you have consumed. Choices should include low calorie, low fat items when possible. Vegetables are good for this purpose. Chips are not. If you prepare the dip, use a low calorie yogurt or low fat cottage cheese in place of sour cream. This will allow a savings in both calories and fat. If you are of legal age and feel you must have an alcoholic beverage, have only one drink. Then switch to juice, water, or soft drinks. The host who uses less liquor and more mixer is doing his guests a favor and saving money. Juice and water are the best mixers.

If your family will have a big evening meal with all of the trimmings on Christmas, have a light and healthful breakfast and lunch. Saving up for that big meal by not eating can backfire in two ways. First, you are more likely to succumb to the temptation to consume the goodies in the afternoon. With the appetite acquired by skipping breakfast and lunch, it will be difficult to stop with one or two goodies. And the calories in a few cookies or pieces of candy can easily surpass those in a light lunch. Second,

even if we do manage to go all day without eating, we are likely to more than offset that savings by grossly over-eating at the big dinner.

I like to eat good chocolates, and like to give them, but a fruit basket is a better gift from a nutritional standpoint. We don't necessarily have to deny ourselves the occasional chocolate, but we should make some of our snacks fresh fruit. Nuts are another traditional holiday fare to use sparingly. They are all high in fat. Try the lowly pretzel as an alternative. You will achieve a savings in cost, calories, and fats. If you receive three boxes of candy as gifts, keep one and give the other two away. You will make someone else happy and save yourself thousands of calories. Offer a piece of candy to visitors and you will achieve even further savings. The sooner the cookies and candies are gone, the sooner you can get back to a more sensible way of eating.

Have a good holiday! Enjoy some special foods and goodies, but do so in moderation. If you have a few days off, don't sit on the couch with the candy box. Get up! Spend a few calories on cross country and/or downhill skiing, sled riding, cruising the mall, or whatever physical activity you like. More on the special advantages of exercise in a future Nutrition Tips.



Suhr Library Break Hours:

Dec. 16-17	Closed
Dec. 18-21	8am - 4pm
Dec. 22-Jan 1	Closed
Jan. 2-15	8am - 4pm, closed weekends
Jan. 16	Resume normal hours

DON'T SIGN UP FOR A STUDENT LOAN UNTIL YOU SIGN UP HERE.



Men who don't register with Selective Service aren't eligible for some federal benefits. And that includes federal student aid for college. So if you're within a month of turning 18, take five minutes and fill out a simple card at the post office.



Selective Service Registration.
It's Quick. It's Easy. And It's The Law.

A public service of the publication

Poetry Competition 1990

The Chester H. Jones Foundation is announcing a national poetry competition. Anyone who is a citizen of the US or Canada or anyone who is living, working, or studying in the US can enter. Entries must be submitted or postmarked by MARCH 31, 1990. Competitors may submit no more than 10 poems. Each poem will be judged separately. All poems submitted must be written in the English language and must be the unaided work of the competitor and must not have been previously published or broadcast. The author's name (or pseudonym) must NOT appear on the manuscript, but must be given on the entry form. Entries must be typed on 8 1/2 by 11 inch white paper, one side only. Each entry can not exceed 32 lines in length. 3 copies of each poem must be submitted. For more information or an entry form, contact *Bulletin* editor Diane Becker in the Career Lab in room 211 Montgomery.

Assistant Editor Needed

The *Bulletin* needs an assistant editor. The current editor will be leaving after the end of the Spring semester and needs to train someone to replace her for the Fall '90 semester. The assistant editor position is voluntary and without pay, but editorship is a paid position. See Rosann Rookey in 213 Montgomery or Diane Becker in 211 Montgomery if interested.



Athletes Move Over-- Scholars, Where Are You?

Find a group of friends and prepare for an all-out effort to test your academic prowess. Venango Campus is hosting a battle of knowledge between its students. If you and your friends know anything, you're eligible. Don't panic - It's next semester. Show everyone just how smart you are even after lounging about the house for an entire month of vacation.

Are you interested in a student job this spring? Venango Campus is in need of some student employees in various offices on campus. Please pick up an application on the brochure rack outside of the Frame Office. Fill it out TODAY and return it to Bonnie in the Office.



Essay Competition on Women's Issues

The Women's Conference of the Commission on the Status of Women will award \$100 to a CUP student who has submitted a paper dealing with women's issues or concerns. The paper must have been written for a course a CUP in any discipline (the arts, business, communications, education, history, humanities, library science, science, social science). Papers should be submitted by MARCH 9, 1990, to Dr. Bobby Cummings in 262 Carlson on main campus.



HAPPY ADS

I would like to wish ALL faculty and administration staff a very Merry Christmas and a joyous New Year. Best wishes to all of you.

Daisy Myers
ALO President &
Student Senator

To Rosann, Linda, Deb, Jay, Cindi, Ralph, Selena, Jeff, Beth D, & Daisy:

Have the best & safest holiday possible. Merry X-mas and Happy New Year!!
Love, Diane

Merry Christmas and Happy New Year to ALL ALO members. Have a safe and joyous holiday season. Hope to see all of you in the spring.

Best wishes!
Daisy Myers
ALO President

Attention: ALL STUDENT SENATORS!
Have a very merry Christmas and a Happy New Year. It's been a pleasure working with all of you. I'm looking forward to another successful semester in the Spring.

A fellow Senator,
Daisy Myers

I would like to wish a very special Merry Christmas & Happy New Year to the following people: Ralph Motter, Shirley Rice, Kathy Ray, Britt Detilla, Geneva Maleski, & Rick. Thank you for all of your support and hard work during the semester. If it wasn't for all of you, I wouldn't be able to do the job that I do. Looking forward to another fantastic semester in the spring.

Thank You ALL!
With love,
Daisy Myers

PS. No, Lou, I didn't forget you. Have a happy holiday season. Thanks for all your support through the semester.

To all students of Venango Campus:

Good luck on Finals and have a happy holiday vacation!

The Tutoring
Office

Congratulations to the new chapter of Sigma Theta Tau Nursing Honor Society on campus. We're proud of you!



Creative Artisans Christmas Party

FOR MEMBERS ONLY

A Christmas Party will be held by the Creative Artisans at the home of Martha Ritter. An exchange of homemade gifts will take place for those attending. The party will be Dec. 15. It will start between 7 & 7:30 pm. Please contact Martha Ritter for directions. Please bring a covered dish.

The Creative Artisans would like to thank all those who participated in the International Cookie Fest. It was a huge success and all the cookies looked and tasted absolutely wonderful.

Study Break

TAKE A STUDY BREAK
BETWEEN FINALS IN
ROOM 105 FRAME.
THERE WILL BE COFFEE,
TEA, HOT CHOCOLATE,
AND COOKIES.



MLCYSUALCATNAS
IEAOTTPYENMIHC
TORBAROBIIAARA
SNORRESCICKYAR
TSREYAEAKKERE
OUNMOCDTUIEOYL
ROAMTHHNNANLWE
IYMUSTARLITGER
EOERLHOLIDAYNS
SJNDYEOJESUSYY
GOTPIDELBATSPW
NAPPEARRYRAMPO
UANGELSYTHGUAN
HOSEKINGNIRAH

ANGELS	MERRY
APPEAR	CHRISTMAS
BIKE	MIT
CAR	MUST
CAROLERS	NAUGHTY
CAT	NICE
CHIMNEY	NICK
DOLL	ORNAMENT
DRUMMER BOY	PEAR
GLORY	PIE
GOT	POSED
HAPPY	REACH
HANUKKAH	REAL
HAPPY	REEL
NEW YEAR	SAINT
HOLIDAY	SANTA
HOSE	CLAUS
HOLY	SHARING
HUNG	STABLE
JESUS	SNOWY
JOYOUS	STAR
NOEL	STARLIT
JOT	STORY
KING	STORIES
MAKE	TREE
MARY	TOG
	TOY

JAN 16 1990

VENANGO CAMPUS BULLETIN

EDITED BY: **DIANE BECKER**
 PUBLISHED BY THE STUDENTS AND FACULTY
 VOL. 11 NO. 1 JANUARY 16, 1990

**WELCOME BACK
 EVERYONE
 HOPE EVERYONE
 IS READY FOR A
 GREAT SEMSTER.**

Rape Conference

"The Sexual Victimization of Children, Youths, and Adults" is the theme of the Fifth Annual Conference sponsored by the Pennsylvania Coalition Against Rape. Keynote speakers will be Bylye Avery, Executive Director of the National Black Women's Health Project, and Attorney Arlene Violet, former Attorney General of Rhode Island and author of *Convictions: My Journey from the Convent to the Courtroom*. A series of workshops will be conducted dealing specifically with the treatment, prevention and legal aspects of sexual violence. The conference will be held at the Sheraton East Hotel in Harrisburg, PA, on April 26-27. Conference fee is \$100 for PCAR members and \$125 for nonmembers. Registration materials will be available in February. For more information, contact PCAR at 1-800-692-7445 in PA or 717-232-6745 outside of PA.

**Drop/Add begins at
 10 am on Thursday,
 January 18, and
 ends on Monday,
 January 22.**



Athletes Move Over-- Scholars, Where Are You?

Find a group of friends and prepare for an all-out effort to test your academic prowess. Venango Campus is hosting a battle of knowledge between its students. If you and your friends know anything, you're eligible. Show everyone just how smart you are.

Assistant Editor Needed

The *Bulletin* needs an assistant editor. The current editor will be leaving after the end of the Spring semester and needs to train someone to replace her for the Fall '90 semester. The assistant editor position is voluntary and without pay, but editorship is a paid position. See Rosann Rookey in 213 Montgomery or Diane Becker in 211 Montgomery if interested.

Are you interested in a student job this spring? Venango Campus is in need of some student employees in various offices on campus. Please pick up an application on the brochure rack outside of the Frame Office. Fill it out TODAY and return it to Bonnie in the Office.

Essay Competition on Women's Issues

The Women's Conference of the Commission on the Status of Women will award \$100 to a CUP student who has submitted a paper dealing with women's issues or concerns. The paper must have been written for a course a CUP in any discipline (the arts, business, communications, education, history, humanities, library science, science, social science). Papers should be submitted by MARCH 9, 1990, to Dr. Bobby Cummings in 262 Carlson on main campus.



**Grad pictures are
 due this week if you
 want them to appear
 in the yearbook**



Poetry Competition 1990

The Chester H. Jones Foundation is announcing a national poetry competition. Anyone who is a citizen of the US or Canada or anyone who is living, working, or studying in the US can enter. Entries must be submitted or postmarked by MARCH 31, 1990. Competitors may submit no more than 10 poems. Each poem will be judged separately. All poems submitted must be written in the English language and must be the unaided work of the competitor and must not have been previously published or broadcast. The author's name (or pseudonym) must NOT appear on the manuscript, but must be given on the entry form. Entries must be typed on 8 1/2 by 11 inch white paper, one side only. Each entry can not exceed 32 lines in length. 3 copies of each poem must be submitted. For more information or an entry form, contact *Bulletin* editor Diane Becker in the Career Lab in room 211 Montgomery.

WELCOME TO THE JOB MARKET

Every week the career lab hopes to bring you some information concerning the "job hunt". We hope you enjoy our efforts.

You want to find a job, but are a little bit scared.

You're not alone. There are millions of people out there, just like you, who are looking for a job. All of them are a little bit scared.

Your fellow job hunters come from all walks of life. They include homemakers, students, veterans, retirees, ex-offenders. They include those who were laid off, fired or let go due to cut backs and plant closings. They include all the unhappy people looking to switch to a new occupation. It is estimated that there are about 1.5 million people looking for their very first job-every year. There are also about 1.1 million looking to replace the jobs they lost. And, there are about 11.2 million looking for a new occupation or employer. Looking for a job is scary-you're all alone. You have to meet with important people, answer lots of personal questions, and convince them that you can do the job. You pray that you don't embarrass yourself. Yet, the money, new friends, enjoyable work, and benefits are worth it.

HOW CAN I OVERCOME MY FEARS?

Fear is natural. It's an instinct and we are all born with it. It's an inner alarm system that warns us when we could be in danger. Surely you've felt fear when sitting down to take a final exam, when filling your federal income tax, or when zooming past a hidden police cruiser on the highway. The thing that triggers fear is "not knowing." When you know what to expect, fear subsides.

Think about it-would you fear taking a final exam if you knew all the questions and answers? With a little patience, practice

and knowledge, you'll find that job hunting can become a fun, exciting and enjoyable experience-rather than a horror show. To be effective at job hunting, there are ten points you must know.

Why it's important to choose an occupation. Which occupations are in demand.

How to show that you can handle the occupation.

Why a resume is like an advertisement and how it works.

How to find and select the best employers.

How to get your foot in the employer's door.

How to open the door.

Why first impressions are important

How to sell yourself during an interview and get the job offer.

What to do when you don't get the job offer.

The first thing you must know-and remember-is that you have a lot of competition. Remember those scared "fellow job hunters" we talked about. . . 1.5 million first-time hunters, 1.1 million job losers, and the 11.2 million job switchers. . . well, some of them want the same job you want. Employers like to see lots of people competing for the jobs they offer. As one manager put it:

"Show me WHY I should hire you instead of someone else. After all with so many people competing for jobs, I can pick the best of the crop."

Pictures are here of those graduating students that were taken previously. If you would like to purchase your pose. Stop in at Frame office. the cost is \$5.

for your information

PARKING DECALS: a must for all daytime students. please remember to display them properly-hanging from your rear view window. Tickets will not necessarily be voided because of improper display.

ID VALIDATION STICKERS:

Spring 90, are in the office. Please stop by and have one added to your ID card. They are necessary to use the library and attend student events.



STUDENT CALENDAR:

There are a few left in the office for any new student who did not pick one up on registration day. Here is the calendar of events for most student activities.

SAT PREP:

An SAT PREP course is in the works. If you need to take them or perhaps a son or daughter, look here for future information.

SCHEDULE CHANGE:

A few changes were created by Clarion. CIS 217 now meets on Tues. instead of Thurs. and COMM 171 is now Tues. 6:30 to 9 replacing the original T-R 5-6:15 time slot.



QUICK ADMITS

ALL STUDENTS WHO ENTERED VENANGO CAMPUS THIS SPRING SEMSTER THROUGH THE QUICK ADMIT PROCESS ARE REMINDED THAT THEY MUST FILE A FORMAL APPLICATION TO THE UNIVERSITY BEFORE SCHEDULING FALL COURSES. DON'T WAIT!

FROM THE WEST WING OF MONTGOMERY

At this end of Montgomery Hall you will find guidance services, tutorial services and student services in addition to the snack and pop machines. Tutoring is as always available to students. Don't let the semester begin without your visit to the Learning Lab. MEET Mrs. Hawkins if you haven't already. Why not TRY the study skills inventory on the apple computer? You can see where your strengths and weaknesses are before they find you.

Next STEP INTO the Career Lab. Visit with Mrs. Rookey. SEEK your career options in the World of Work through the Discover Program-again a computer program that leads you to occupations through your interests.

LOOK forward to another program --CAREERS IN PENNA-- soon to be available in the Career Lab.

Also look for the smiling face of Mrs. Paiche, our counselor.

Counseling is available again at Venango Campus. This counseling is for any personal problem, issue or concern you may have. It is not restricted to school-related problems. The counseling office is located at 206 Montgomery Hall.

New Hours are:

Tues. 10:am--2:pm

Wed. 10:am--2:pm

Thurs. 5:pm--9:pm

Alternate hours can be arranged if these are inconvenient. To make an appointment, come to the Counseling Office during office hours or call the campus at 676-6591 ext. 278. Appointments can also be made at the Frame Office. Walk-ins are accepted. This service is FREE and strictly confidential.

WELCOME BACK PARTY

**ON Saturday Jan. 27
weather cooperating
enjoy a few hours of
fun and frolic in the
snow. Student Senate
will provide
refreshments including
lunch (hot dogs)
Bring your families and
your long woolies
We will have games
inside for the less
adventurous
Time 10:am--1:pm**



SWIMMING is available for all students at the YMCA. From Feb. 2nd through April 6th show your student ID at the desk and enjoy an hour of exercise or recreation in the pool. The time is 8:pm-9:pm on Friday nights. Yes you may bring a guest.

New Year's Resolutions

A little less impatient with
those we deem too slow;
A little less arrogance
because of all we know;
A little more humility, seeing
our worth is slight ...
We are such trivial candles
compared to stars at night!
A little more forgiving and
swifter to be kind;
A little more desirous, the
word of praise to find,
The word of praise to utter
and make a heart rejoice;
A little more careful to speak
with gentle voice;
A little more true eagerness
to understand each other;
A little more high courage to
help a sister or a brother;
A little more real striving to
each task that must be done.



Four-Footed Animal Search

H L D O G T I B B A R E T T O A B
 T I A R M A D I L L O C D N E E W
 N B P S K U N K G H G A Z E L L E
 A R I P J H A T E E H C K P U M A
 H E F L O W L E E P M N O Y R O S
 P G O A T P F B E A V E R M I N E
 E T A P K F O L Q R T A C S P G L
 L I L T A A E T L U C E V W A O N
 E U X R A O N E A C Y J R Y T O Z
 W O I D P A R G E M B C A R O S D
 O G N A E R F P A G U K H C E E S
 C A R H I N O C E R O S C L K F A
 P D I U F L L U B K O A S I L A B
 M A Q O E N I P U C R O P O P W L
 Q S X T R L S T N E D O R N P N E
 M O N K E Y K T G I P M U S K O X
 R A M A L L I H C N I H C R S E Y

ANTEATER	LION
ANTELOPE	LLAMA
ARMADILLO	MONGOOSE
BEAVER	MONKEY
CAT	MUSK OX
CHEETAH	OPOSSUM
CHINCHILLA	OTTER
COW	PANDA
DOG	PECCARY
ELEPHANT	PIG
ELK	PORCUPINE
ERMINE	PUMA
FAWN	RABBIT
FERRET	RACCOON
FOX	RAM
GAZELLE	RHINOCE-
GERBIL	ROS
GIRAFFE	RODENT
GOAT	SABLE
HIPPOPOTA-	SKUNK
MUS	SQUIRREL
JACKAL	TAPIR
KANGAROO	WEASEL
LEOPARD	WOLF
	YAK

*Miss-a-knee
means trouble*

The dictionary tells us that misoneism (say miss-a-knee-ism) is the hatred and fear of innovation or change.

Hate, whether it's of people, situations, or change, eats up the hater, while others simply go on. So if you're suffering "miss-a-knee", if you hate to change, do something to get cured.

The challenge of doing things a new way is much more fun than standing still, and it's the way to the future.

The world continues to change all the time, and that includes our working world. We will go forward or backward, but never stand still.



Where the willingness is great, the difficulties cannot be great.

Niccolo Machiavelli



Four Plus Four Matchup

If you can pair up the words below, you will create 12 eight-letter words. Put one word in the middle of the other. SIDE, for example, inside RENT becomes RESIDENT. Each word is used only once. Good luck!

BOSS	AFAR
COAL	CANT
DEER	DELI
DOER	DIME
HOLY	GAME
HOSE	LOSS
LINT	MINE
RUNT	NEST
SEER	NINE
SINE	PERI
SPED	ROUT
TANG	THOU

JAN 22 1990

VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 11 NO. 2

JANUARY 22, 1990

Important Information

PARKING DECALS: All daytime students must display a parking tag visible through the rear view window or you will be ticketed with a parking violation.

ID VALIDATION STICKERS: Stickers for Spring 90 semester are available in Frame Office and are needed on your student ID to validate it for the library and campus events.

STUDENT CALENDAR: Any new student may pick up a student calendar in Frame Office. This calendar lists most events and student activities on campus.

SCHEDULE CHANGES: CIS 217 meets on Tuesday nights instead of Thursday nights. COMM 171 is now from 6:30 to 9 pm on Tuesday instead of from 5 to 6:15 every Tuesday

SAT PREP: An SAT prep course is in the works on campus. If you need to take them or have a son or daughter who is taking them, look in the *Bulletin* for future information.

DROP/ADD: Ends Monday, January 22. If you want to drop a class (adding one is now impossible), you need a *withdrawal form* from the Frame Office.

GRAD PHOTOS: Students who previously had grad pictures taken can purchase them in the Frame Office for \$5.

Counseling Available

Counseling is as close as room 206 Montgomery. This counseling is for any personal problem, issue, or concern you may have. It is not restricted to school-related problems. This semester's hours are:
Tues. & Wed. 10 am - 2 pm
Thursday 5 pm - 9 pm
Alternate hours can be arranged if these are inconvenient. To make an appointment, come to the Counseling Office during office hours or call the campus at 876-6591 ext. 278 or at the Frame Office. Walk-ins are accepted also. This service is free and confidential.

Athletes Move Over-- Scholars, Where Are You?

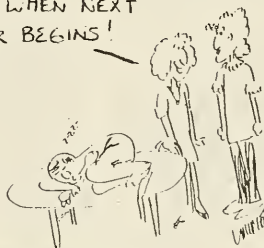
Find a group of friends and prepare for an all-out effort to test your academic prowess. Venango Campus is hosting a battle of knowledge between its students. If you and your friends know anything, you're eligible. Show everyone just how smart you are.

Rape Conference

"The Sexual Victimization of Children, Youths, and Adults" is the theme of the Fifth Annual Conference sponsored by the Pennsylvania Coalition Against Rape. Keynote speakers will be Bylye Avery, Executive Director of the National Black Women's Health Project, and Attorney Arlene Violet, former Attorney General of Rhode Island and author of *Convictions: My Journey from the Convent to the Courtroom*. A series of workshops will be conducted dealing specifically with the treatment, prevention and legal aspects of sexual violence. The conference will be held at the Sheraton East Hotel in Harrisburg, PA, on April 26-27. Conference fee is \$100 for PCAR members and \$125 for nonmembers. Registration materials will be available in February. For more information, contact PCAR at 1-800-692-7445 in PA or 717-232-6745 outside of PA.

The deadline for filing a Change of Status for nursing is Wednesday, January 31.

HE'LL MOVE WHEN NEXT
SEMESTER BEGINS!





Tips from the Tutoring Office

by Linda Hawkins

Do you feel like the information explosion has hit your life? Perhaps you've made it through your first week of classes and you're already worrying about coping with courses that require you to remember large amounts of information.

Effective memory techniques will enhance your ability to process the new information you receive in your classes and enable you to recall it later, come test time.

The Tutoring Office, rooms 209 and 210 Montgomery, has pamphlets and handouts with helpful hints on memory development. Our tutors would be happy to share some of their own tips, too. Stop by and see us soon!

The Tutoring Office is currently seeking a student tutor in the sciences and basic math. The 10 hour a week, paid position has certain eligibility requirements. To find out what they are, interested students should contact Tutor Supervisor Linda Hawkins in 209 Montgomery or phone her at 676-6591 ext. 273.

QUICK ADMIT

All students who entered Venango Campus in the Spring 90 semester through the Quick Admit process are reminded that they must file a formal application to the University before scheduling Fall classes. Don't wait!



WELCOME TO THE JOB MARKET

Every week the Career Lab hopes to bring you some information concerning the "job hunt". We hope you enjoy our efforts.

Beware the First Big Mistake

The First Big Mistake is not choosing a specific occupation. For some reason, people have come to believe that they shouldn't choose an occupation. They think that if they don't state a specific occupation, an employer will try to match a job opening with their background and interests. They think that this will improve their chances of getting a good job. NOT TRUE! Employers are not guidance counselors. They aren't in the business of helping you "find yourself". They are looking for a person who can help with the work that needs to be done.

If you don't choose an occupation, the employer will put you where he needs you. This means that you run the risk of getting stuck with a job you'll hate, stuck in a dead-end job with no chance for growth or advancement, or stuck in a job with frequent layoffs and no job security. Take control of your future. Don't let some stranger decide your job. Make a decision and pick an occupation. If you have doubts, visit the Career Lab in room 211 Montgomery and try the Discover program. It will lead you to different occupations by way of your interests, values, and skills. In the Suhr Library, you can find the latest edition of the *Occupational Outlook Handbook*. This handbook is published by the United States Government. It lists the talents, skills, and qualifications needed for practically every job in the country. If you were a spy and you

could sneak into the company's office and look through their files, you'd find that the company has a list of specific duties and responsibilities for every person on the payroll. This list of duties is called a *job description*. When you apply for a job, the employer will match your abilities with the duties listed in their job description. If your abilities match the duties in the job description, your chances of being invited to an interview are very good. If your abilities don't match, your chances are nil. So if you want an interview, you must show the employer that you can handle the job.

Psychology Club Meeting

The Psychology Club is meeting Thursday, January 25 at 11 am in Rhoades. All officers are asked to get a copy of their schedule to Beth Davidson as soon as possible. This meeting is important as decisions for Valentine's Day will be made. A reminder--you do not have to be a psychology or sociology major to be in this club. Anyone who has an interest in psychology and related fields are encouraged to join.

Games at Rhoades

Students wishing to play the following games may check them out at the Rhoades Desk: Clue, Trivial Pursuit, Mille Borne, Scrabble, Parcheesi, Chess, Assert Know, softballs, a basketball, footballs, volleyballs, and badminton raquets and birdies.

Outdoor Club Meeting

The Outdoor Club will be meeting on Tuesday, January 23 at 11 am in Rhoades. All interested persons are welcome to attend.

Tutoring Hours for Spring '90

Free tutoring is available to Venango Campus students in a variety of subjects. The following is a schedule of hours and subjects for the tutoring staff:

Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills

Mon - Thurs 10am - 3pm

David Heath; Math, Biology, Education Courses

Tues & Thurs 6:30 - 8:30pm

Friday 12:30 - 6:30pm

Connie Jablonski; Math, Accounting, English Comp

Tues & Thurs 9:30am-2:30pm

Don Kellner; Math, Accounting, Computer Science

Tues & Thurs 5:00 - 8:30pm

Wednesday 5:30 - 8:30pm

DEADLINE FOR MAY 1990 GRADUATION APPLI- CATIONS IS FRIDAY, FEBRUARY 16.

American Poetry Association Contest

Poetry prizes worth \$44,000 will be awarded to 608 poets by the American Poetry Association in 1990. The association will sponsor four separate contests this year. Each contest awards a \$1000 grand prize, a \$500 first prize, and a total of \$11000 in prizes to 152 winners. All adults who write poetry are welcome to enter. For the current contest, poets may send up to six poems, each no more than 20 lines, name and address on each page, to American Poetry Association, Dept. CO-30, 250-A Potrero St., PO Box 1803, Santa Cruz, CA 95061. Poems must be postmarked by MARCH 31 to meet the deadline. Each poem will also be considered for publication in the *American Poetry Anthology*, a hardcover collection of contemporary verse.

General Education Lecture Series

All faculty, administration, and students are invited to attend a series of lectures and open houses sponsored by the General Education Subcommittee under a grant by the Faculty Professional Development Council, State System of Higher Education. These lectures by selected professional educators with working knowledge of general education programs will provide the base upon which the general education program of the 1990's will develop.

The lectures will be held in Carter Auditorium, Still Hall, a 3:30 pm on the dates specified. A reception will follow the lectures at 4:40 pm in the lobby of Still Hall.

- Jan. 25 *Trends in General Education*
- Feb. 8 *Skills in General Education*
- Mar. 1 *Liberal Knowledge in General Education*
- Mar. 15 *Values in General Education*
- Apr. 5 *Application of General Education to the Professional Study Field*
- May 15 *Summary and future directions*

**The deadline for
submitting items for
the *Bulletin* is 2 pm
on the Thursday
before the week you
wish it printed.**

Wanted:

YOUR GIANT EAGLE CASH
REGISTER RECEIPTS/TAPES FOR
A SCHOOL PROJECT. SEND OR
GIVE TO ALTA LANDAS IN THE
NURSING OFFICE. THANK YOU!

ALO Mentor Program

The Adult Learners Organization members will be starting a new mentor program. They will be targeting any returning adult student who is starting their first semester here at Venango Campus. By returning adult we mean any student who has been out of school for at least one year and has decided to further their education. ALO members will be assisting students that have questions about classes, policies, and meetings here on campus. If you are interested in this program, please sign up in Rhoades by Feb. 5. An ALO member will contact you. *Note:* ALO members are NOT tutors! We are only here to assist with questions you may have.

ALO Winter Warm-Up

On Feb. 4, ALO will hold a Winter Warm-up Welcome in Rhoades Center from 8pm to 10pm. All interested students are encouraged to attend. Come and join ALO for coffee, tea, cocoa, and cookies. Pamphlets will be available that will explain what ALO is and the activities that they support on and off campus. We look forward to seeing you there.

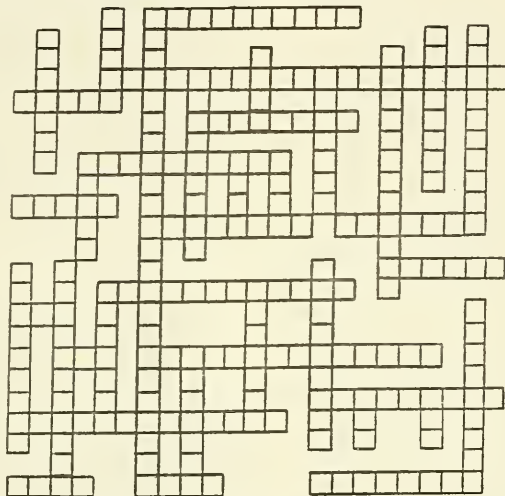
Welcome Back Party

On Saturday, Jan 27, Venango Campus will host a welcome back party from 10am to 1pm for returning students and a welcome party for new students. Student Senate will provide refreshments, including lunch (hot dogs). Bring your families for outdoor fun (weather permitting) and indoor games.



Name A Job & Fill A Square

Count squares to see where words fit into the diagram.
Hint: Do the longest words first. Try it. It's fun!



3-letter words: C.O.D., REP, SEW, BUY

4-letter words: LOSS, NOTE, TIME, SORT, RATE

5-letter words: BUILT, BUYER, CLERK, LEAVE, NURSE, RATER, SORTS

6-letter words: SAMPLE

7-letter words: AUDITOR, DRAFTER, MANAGER, PROGRAM, REVENUE, SHIPPER

8-letter words: CHAIRMAN, TRANSFER, DIRECTOR, SALESMAN

9-letter words: ASSEMBLER, CUSTODIAN, INSPECTOR, MACHINIST, SECRETARY

10-letter words: ACCOUNTANT, BOOKKEEPER, CONTROLLER

11-letter words: ORDER PICKER

12-letter words: RECEPTIONIST, STENOGRAPHER

13-letter words: SECURITY GUARD

14-letter words: SUPERINTENDENT

19-letter words: SWITCHBOARD OPERATOR

23-letter words: ADMINISTRATIVE ASSISTANT

Answer: Four-Footed Animal Search

H I D O G T I B B A R E T T O A B
 T A R M A D I L L O C D N E E W
 N B P S K U N K G H G A Z E L L E
 A R I R J H A T E B H C K P U M A
 H E F L O W L E R P M N O Y R O S
 P C O A T F F B E A V E R M I N E
 E T A P K F O L Q R T A C S P G L
 L I L T A A E T L U C E V W A O N
 E U X R A O N E A C Y J E X T O Z
 W O I D F A R G E M B C A R O S D
 O G N A E R F F A G U K H E E S
 C A R H I N O C E R O C L K F A
 F D I U F L L U B K O A S I L A B
 M A Q O E N I P U C R Q P O P W L
 Q S X T R L S T N E D O R N P N E
 M O N K B Y K T O I P M U S K Q X
 R A M A L L I H C N I H C R S E Y

Answer to Middle Word Matchup

Boniness, Colossal, Decanter,
Domineer, Honestly, Hothouse,
Ligament, Rudiment, Seafarer,
Sideline, Sprouted, Tapering.

VENANGO CAMPUS BULLETIN

JAN 29 1990

EDITED BY: DIANE BECKER
PUBLISHED BY THE STUDENTS AND FACULTY
VOL. 11 NO. 3 JANUARY 29, 1990



Art Show

Venango Campus is hosting an amateur and semi-professional art/photo show on Sunday, February 4, from 1 pm - 6 pm in Rhoades.

CLUB MEETINGS

Creative Artisans is meeting on Tuesday, January 30 at 4pm in Rhoades. The artisans are planning a lot of fun and interesting activities for this semester, so join them! People attending the meeting should bring a favorite home-made hors d'oeuvre and their recipe of it to share during and after the meeting. ALO Winter WarmUp Welcome will be held on Thursday, Feb. 1 from 8pm to 10pm in Rhoades. All interested students are encouraged to attend. Join them for coffee, tea, cocoa, and cookies. Pamphlets will be available that will explain what ALO is and the activities that they support on and off campus.

The deadline for submitting items for the *Bulletin* is 2 pm on the Thursday before the week you wish it printed.

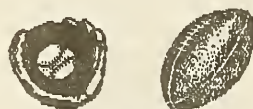


Famous Activist's Daughter to Speak

Ms. Yolanda King, daughter of Martin Luther King, Jr., will lecture in Marwick-Boyd Auditorium on main campus at 8:15 pm on Tuesday, Feb. 6. This program is sponsored by the University Activities Board Lecture Committee and will mark the first visit to Clarion University by a member of the King family. Following the lecture there will be a reception for Ms. King in the Sandford Gallery which all members of the audience are invited to attend. The title of Ms. King's lecture will be "The Challenge to Insure the Future." Ms. King has been a participant and a spokesperson for the civil rights movement since her childhood.

Meet the Candidates

Attention all students and faculty! Everyone is invited to meet 2 of the final candidates for Executive Dean of Venango Campus. Students, this is your opportunity to question them and cross-examine their views on subjects and policies that may be of concern to you. The meeting will be from 10 am to 11 am in 113 Montgomery.



Games at Rhoades

Students wishing to play the following games may check them out at the Rhoades Desk: Clue, Trivial Pursuit, Mille Borne, Scrabble, Parcheesi, Chess, Assert Know; softballs, a basketball, footballs, volleyballs, and badminton raquets and birdies.



"It's either a valentine or a very friendly takeover bid."

American Poetry Association Contest

Poetry prizes worth \$44,000 will be awarded to 608 poets by the American Poetry Association in 1990. The association will sponsor four separate contests this year. Each contest awards a \$1000 grand prize, a \$500 first prize, and a total of \$11000 in prizes to 152 winners. All adults who write poetry are welcome to enter. For the current contest, poets may send up to six poems, each no more than 20 lines, name and address on each page, to American Poetry Association, Dept. CO-30, 250-A Potrero St., PO Box 1803, Santa Cruz, CA 95061. Poems must be postmarked by MARCH 31 to meet the deadline. Each poem will also be considered for publication in the *American Poetry Anthology*, a hardcover collection of contemporary verse.



Important News

ID VALIDATION STICKERS: Stickers for Spring 90 semester are available in Frame Office and are needed on your student ID to validate it for the library and campus events.

PARKING DECALS: All daytime students must display a parking tag visible through the rear view window or you will be ticketed with a parking violation.

Watch for the Ides of March!

The deadline for filing a Change of Status for nursing is Wednesday, January 31.



General Education Lecture Series

All faculty, administration, and students are invited to attend a series of lectures and open houses sponsored by the General Education Subcommittee under a grant by the Faculty Professional Development Council, State System of Higher Education. These lectures by selected professional educators with working knowledge of general education programs will provide the base upon which the general education program of the 1990's will develop. The lectures will be held in Carter Auditorium, Still Hall, a 3:30 pm on the dates specified. A reception will follow the lectures at 4:40 pm in the lobby of Still Hall.

- Jan. 25 *Trends in General Education*
- Feb. 8 *Skills in General Education*
- Mar. 1 *Liberal Knowledge in General Education*
- Mar. 15 *Values in General Education*
- Apr. 5 *Application of General Education to the Professional Study Field*
- May 15 *Summary and future directions*

Deadline for May 1990 Graduation Applications is Friday, Feb. 16.

WANTED:

Your Giant Eagle Cash Register Receipts/Tapes for a school project. Send or give to Alta Landas in the Nursing Office. Thank you!

ALO Mentor Program S.W.A.L.

The Adult Learners Organization members will be starting a new mentor program. They will be targeting ANY returning adult student who is starting their first semester here at Venango Campus. By returning adult we mean any student who has been out of school for at least one year and has decided to further their education. ALO members will be assisting students that have questions about classes, policies, and meetings here on campus. If you are interested in this program, please sign up in Rhoades by Feb. 5. An ALO member will contact you. **NOTE:** ALO members are not tutors! We are here only to assist with questions you may have.

Rape Conference

"The Sexual Victimization of Children, Youths, and Adults" is the theme of the Fifth Annual Conference sponsored by the Pennsylvania Coalition Against Rape. Keynote speakers will be Bylye Avery, Executive Director of the National Black Women's Health Project, and Attorney Arlene Violet, former Attorney General of Rhode Island and author of *Convictions: My Journey from the Convent to the Courtroom*. A series of workshops will be conducted dealing specifically with the treatment, prevention and legal aspects of sexual violence. The conference will be held at the Sheraton East Hotel in Harrisburg, PA, on April 26-27. Conference fee is \$100 for PCAR members and \$125 for nonmembers. Registration materials will be available in February. For more information, contact PCAR at 1-800-692-7445 in PA or 717-232-6745 outside of PA.

Tips from the Tutoring Office

by Linda Hawkins

It is important to alternate study sessions with breaks. Using the method of spaced study, you set study goals through time (e.g. 1 hour) or task limits (e.g. one chapter). After reaching these goals, you allow yourself a short amount of free time -- for taking a walk, having a snack, etc. Spaced study works because the combination of creating deadlines of time or task limits and giving yourself a reward motivates you to complete your studying. Also, because your working memory has limited capacity, breaks provide time for information to be absorbed. The Tutoring Office has a number of books and pamphlets on effective studying available for student use. Stop by rooms 209 and 210 Montgomery and check them out.

The Tutoring Office is currently seeking a student tutor in the sciences and basic math. The 10 hour a week, paid position has certain eligibility requirements. To find out what they are, interested students should contact Tutor Supervisor Linda Hawkins in 209 Montgomery or phone her at 676-6591 ext. 273.

Snack Bar Delivery

Starting this week, lunch delivery is being made possible by the Snack Bar in Rhoades. Orders will be taken from 10 am to 11 am ONLY, and ONLY FACULTY are able to order for delivery. The order will be delivered between noon and 12:30 pm. Delivery will only be possible from Monday through Thursday each week. This is an experiment, so abuse of this will result in the termination of this program. Priced menus have been distributed to the faculty with the extension to call to place an order.

WELCOME TO THE JOB MARKET

Every week the Career Lab hopes to bring you some information concerning the "job hunt". We hope you enjoy our efforts.

Showing the Right Stuff. You long-term goal is to get a job. But your short-term goal is to get an interview. After all, no employer is going to give you a job unless they meet you and believe that you can do the work. How do you get invited to an interview? Simple. Put together a resume showing that you have the right stuff for the job and mail it to the employer. Where do you find the stuff needed for the job? It's in the job description you read from the *Occupational Outlook Handbook*.

A resume can open the door to an interview?

That's exactly what a resume is supposed to do. A good resume shows an employer that you have the right stuff for the job. Match the employer's needs with your abilities, and the employer will be very impressed. So impressed, he'll want to meet you. And that means he'll pick up the phone, call you, and invite you to an interview.

Where do start with your resume? Reread the sections "Nature of Work" and "Training and Qualifications" from the job description. Read them carefully. As you read, pick out the FOUR skills which you think are most important to that job. Once you've found the four skills, stop and think, where have you used those skills? You've never used those skills before? Sure you have! You might not have used them in a job before, but you've used them in your everyday life. Keep in mind it's not important to show where you used each skill. It's important to show that you *did* use each skill. Employers don't expect everyone to have on-the-job-experience. They only want to know if you are smart enough to learn the job without a lot of training and

hassle. Search you background and find several clever ways to show that you can handle the job - even though you have never worked in that occupation before. This is the stuff employers want to see.

Background check. Search your background. Find examples of the way you used different skill needed for the job you want. Think - have you ever used that skill in...

- a family project?
- negotiating something?
- solving a problem?
- a major accomplishment?
- a major disappointment?
- ...or other areas and experiences. You might be suprised what you find!

Information brought to you from the Job Hunting Handbook.

Tutoring Hours for Spring '90

Free tutoring is available to Venango Campus students in a variety of subjects. The following is a schedule of hours and subjects for the tutoring staff:

Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills

Mon - Thurs 10am - 3pm
David Heath; Math, Biology, Education Courses

Tues & Thurs 6:30 - 8:30pm
Friday 12:30 - 6:30pm

Connie Jablonski; Math, Accounting, English Comp
Tues & Thurs 9:30am-2:30pm
Don Kellner; Math, Accounting, Computer Science

Tues & Thurs 5:00 - 8:30pm
Wednesday 5:30 - 8:30pm



Swimming

Students are able to swim at the Oil City YMCA every Friday night from 8pm - 9pm. You must show your valid student ID at the desk. There is a limit of one guest per student.

SCHOLARSHIPS AVAILABLE

Check the bulletin boards around the campus for a listing of scholarships to be awarded by the Venango Campus Scholarship Committee. One application will get you considered for approximately 30 scholarships. Blank applications are in the rack outside the Frame Office. The deadline is February 22, 1990. Submit your application by that date to the Frame Office or to Dr. McElhattan in 103 Frame. You will be notified of acceptance or rejection before the end of March. Additional scholarships, not under the control of the Venango Campus Committee, are also posted on various campus bulletin boards.

Starting Monday, Jan 29, 1D photos will be taken in Rhoades. See the Rhoades Clerk about it.

Psychology Club Meeting

A VERY IMPORTANT MEETING IS SCHEDULED FOR 11 AM IN RHOADES ON THURSDAY, FEB 1. ALL MEMBERS ARE ASKED TO BE PRESENT.

Snack Bar Specials this week are: Mon. Ham & Cheese sandwich, Sm. drink - \$1.80; Tues. Cheeseburger, Fries, Sm. drink - \$3.02; Wed. Meatball sandwich, Sm. drink - \$1.80; Thur. Egg Salad sandwich, Sm. drink - \$1.49.



Extramural Basketball Practice

Girls extramural basketball practice is every Thursday from 8:30 pm - 10 pm in the Rhoades Gym. Boys extramural basketball practice is every Monday in the Rhoades Gym from 8:30 pm - 10 pm. Come practice so we can beat the other campuses!

Senate Vacancy

Student Senate is accepting applications to fill a recent Senator vacancy. Contact Rosann Rookey in room 213 Montgomery for an application.

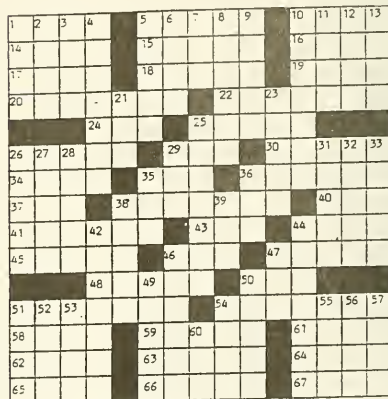
ACROSS

1. Gentle pace
5. Line of cliffs
10. Greek doorway
14. Object of worship
15. Raise trivial objections
16. Powder base
17. Digging mammal
18. Arable, as land (Sp.)
19. Assistant
20. Adage
22. Indented, as a chin
24. Exist
25. Decoration for valor
26. Lariat
29. Metal
30. Birds' homes
34. At one time
35. Help
36. Lead an ear
37. Machine gun (sl.)
38. Hermit
40. Collection of anecdotes
41. Sufficient
43. Be wrong with
44. Peril
45. - firma
46. Suffix meaning sugar
47. Sugar substitute
48. Titan
50. Arrange

51. Chemistry or physics
54. Stole on the high sea
58. AM poetically
59. Possessor
61. Rip
62. Man's name
63. Increase as pay
64. Otherwise
65. Simple
66. Symbiotic
67. Act

DOWN

1. Not stuff
2. Scent
3. Horseback sport
4. Raise up
5. Frigero
6. Carbohydrate (abbr.)
7. Ms. Gardner
8. Bothered by, as fleas
9. Gingham
10. Prong fasteners
11. Rear appendage
12. Ye - Antique Shoppe
13. Served, non-returnably
21. Perked of history
23. Crazy
25. Troubled area of the world
26. Thesaurus compiler
27. Silly
28. Thespian
29. Nervous twitch
31. Spot
32. Fault
33. Sinuous
35. Cigarette residue
36. Small, like Abner of the comics
38. Anew
39. Cravat
42. Need for haste
44. Turned
46. Arrow at a street corner
47. Belonging to that woman
49. Squirrel's find
50. Alarm
51. Captain Hook's assistant, acc. to Disney
52. Woman's name
53. Part of the eye
54. Mexican coin
55. Prefix meaning distance
56. Leisure
57. Scott of famous Supreme Court decision
60. Nothing



Take-A-Break Crossword

VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 11 NO. 4

FEBRUARY 5, 1990



Musical Performance Scheduled

Sandy Wilson's 1920's musical hit *The Boy Friend* will be performed on Feb 21 - 24 in Marwick-Boyd Auditorium on main campus. This delightful performance of the jazz age set long-run records when it played in London. It follows a lordly young Englishman working as a deliveryboy who wins the hand of a lowly, lovely lass who is really the daughter of a millionaire. Complete with rousing songs and dances, including "Won't You Charleston with Me?", it is an affectionate look at the musicals of a bygone age - all to a flapper beat. Tickets go on sale 10 days prior to the opening. They are \$5.

Senate Vacancy

Student Senate is accepting interviews with interested students (preferably a freshman or someone who plans to attend next semester) to fill a recent Senator vacancy. The person appointed this semester will have to run for election next semester. Contact Rosann Rookey in room 213 Montgomery for an interview. Deadline for being interviewed is Wednesday, February 7.

Scholarships Available

Check the bulletin boards around the campus for a listing of scholarships to be awarded by the Venango Campus Scholarship Committee. One application will get you considered for approximately 30 scholarships. Blank applications are in the rack outside the Frame Office. The deadline is February 22, 1990. Submit your application by that date to the Frame Office or to Dr. McElhattan in 103 Frame. You will be notified of acceptance or rejection before the end of March. Additional scholarships, not under the control of the Venango Campus Committee, are also posted on various campus bulletin boards.

Meet Candidates for Dean

The Search Committee for the Venango Campus Executive Dean position invites the students, faculty, and staff to meet with the candidates on the following dates:

Mon. Feb 5 Dr. James Blake, Chief Executive Officer, Marshalltown Community College in Iowa

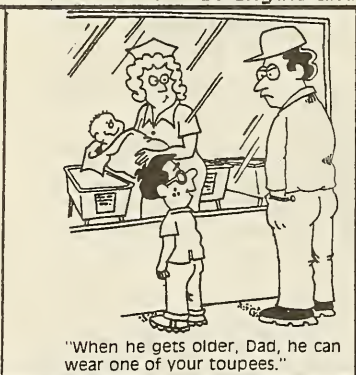
Thur. Feb 8 Dr. Gregory Sojka Academic Dean & Associate Professor of English and American Studies, University of Wyoming

Mon. Feb 19 Dr. Susan Schafer Dean, Division of Continuing Studies, Pittsburg State University; Pittsburg, Kansas

Written comments addressing the candidates' strengths and



"I started to buy you an expensive Valentine gift, but stinginess won out."



"When he gets older, Dad, he can wear one of your toupees."

**The deadline for
submitting items for
the *Bulletin* is 2 pm
on the Thursday
before the week you
wish it printed.**

weaknesses for the position of Executive Dean are encouraged by the Search Committee and should be directed to: Mrs. Libby Williams, Suhr Library, Venango Campus. The deadline for the committee to receive comments is 3pm Feb. 23.

Student Worker Needed

A student is needed to work in the Snack Bar during dinner hours. If someone is found, the Snack Bar can remain open until later in the evening. If interested, contact Brenda at the Snack Bar or Mrs. Rookey in 213 Montgomery.



Telephone

Salesperson Wanted

Olan Mills is looking for someone to work as a telephone salesperson from 5pm - 9 pm on weekdays. For 6 - 8 weeks, you have the opportunity to earn minimum wage plus commissions. Must be 17 years or older. Call 677-5162 for information.

Rhoades Clerk Needed

There is an opening for a Rhoades Clerk this semester. See Mrs. Rookey in room 213 Montgomery if interested.



Apartment for Rent

Good-sized 1 bedroom apartment on the Northside. Unfurnished; \$250 a month includes utilities. Available Feb. 1. Call 677-7611 or 677-1241 ext. 225 for more information.

**PLEASE PUT
YOUR ALUMINUM
POP CANS IN THE
BOX BESIDE THE
POP MACHINE IN
RHOADES.
THANKS!**

ATTENTION SPECIAL EDUCATION AND HABILITATIVE SCIENCE MAJORS:

CEC --- What does it stand for? Well, it stands for Council for Exceptional Children. It is one of the largest advocate groups in the nation with over 9000 members as part of the team. At Venango Campus we have been fortunate in having a club which tries to carry out planned activities for its members and becomes active in exceptional children's lives. We extend an invitation to *all interested persons* who want to find out more about CEC. Here are some brief details about CEC and what we have done in the past. Venango Campus CEC has sponsored a pre-school Easter Party in 1989 and a successful skate-a-thon whose proceeds went to the local chapter of Special Olympics. Anyone who is involved or currently working on their early field experiences is also supported. CEC can provide you with special field trips and suggestions on where to go on your visits. We want our group to grow and we need your help. We have some great ideas for Spring '90 and we want you to be a part of the excitement. If you're at all curious and want to know more, please join our meetings. They are scheduled for Mondays at 4 pm. On Feb 5 there will be a pizza party for members and prospective members. On Feb 26, there will be a general meeting to organize events. We're reaching out, won't you?

Snack Bar specials this week are: Mon- Chicken pattie sandwich, Sm. drink; Tues- Macaroni & cheese, Sm. drink; Wed- BBQ ham sandwich, Sm. drink; Thur- Taco salad, Sm. drink.

State Work- Study Program

Are you looking forward to another summer of flipping burgers and mowing lawns? Well, Pennsylvania Higher Education Assistance Agency (PHEAA), the state agency that administers the state grant and student loan programs, has a better idea. It's the State Work-Study Program (SWSP). SWSP allows the Commonwealth's students to get career-related experience and cash to help pay for school next fall. Supported by funds appropriated each year by the PA General Assembly, SWSP has a job bank of employers who are willing to hire students in their field of study. Last year, about 1000 students took advantage of SWSP. They chose from a job bank of 3000 SWSP jobs and earned more than \$1.7 million. Application for the SWSP is easy and both undergraduate and graduate students are encouraged to apply. For eligibility requirements, applications, and more information, contact Frame Office or call the PHEAA SWSP staff at (717) 257-2550.

Tutoring Hours for Spring '90

Free tutoring is available to Venango Campus students in a variety of subjects. The following is a schedule of hours and subjects for the tutoring staff:

Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills

Mon - Thurs 10am - 3pm
David Heath; Math, Biology, Education Courses

Tues & Thurs 6:30 - 8:30pm
Friday 12:30 - 6:30pm

Connie Jablonski; Math, Accounting, English Comp

Tues & Thurs 9:30am-2:30pm
Don Kellner; Math, Accounting, Computer Science

Tues & Thurs 5:00 - 8:30pm
Wednesday 5:30 - 8:30pm



Tips from the Tutoring Office

by Linda Hawkins

Do tests make you uptight?!? Many very capable students are often incapable of demonstrating their true level of knowledge and skill because they are paralyzed or distracted by anxiety. Beating test anxiety involves recognizing the negative ways you think about yourself and a test situation and learning how to control your physical reactions to these negative self-statements. The Tutoring Office (rms. 209 & 210 Montgomery) has copies of a helpful booklet entitled *About Test Anxiety*. Pick up a copy before your next test.

General Education Lecture Series

All faculty, administration, and students are invited to attend a series of lectures and open houses sponsored by the General Education Subcommittee under a grant by the Faculty Professional Development Council, State System of Higher Education. The lectures will be held in Carter Auditorium, Still Hall, at 3:30 pm on the dates specified. A reception will follow the lectures at 4:30 pm in the lobby of Still Hall.

- Feb. 8 *Skills in General Education*
- Mar. 1 *Liberal Knowledge in General Education*
- Mar. 15 *Values in General Education*
- Apr. 5 *Application of General Education to the Professional Study Field*
- May 15 Summary and future directions

**Deadline for May 1990
Graduation Applications
Is Friday, Feb. 16.**

ALO Mentor Program

The Adult Learners Organization members will be starting a new mentor program. They will be targeting ANY returning adult student who is starting their first semester here at Venango Campus. By returning adult we mean any student who has been out of school for at least one year and has decided to further their education. ALO members will be assisting students that have questions about classes, policies, and meetings here on campus. If you are interested in this program, please sign up in Rhoades by Feb. 5. An ALO member will contact you. **NOTE:** ALO members are not tutors! We are here only to assist with questions you may have.

Watch for the Ides of March!!!



Famous Activist's Daughter to Speak

Ms. Yolanda King, daughter of Martin Luther King, Jr., will lecture in Marwick-Boyd Auditorium on main campus at 8:15 pm on Tuesday, Feb. 6. This program is sponsored by the University Activities Board Lecture Committee and will mark the first visit to Clarion University by a member of the King family. Following the lecture there will be a reception for Ms. King in the Sandford Gallery which all members of the audience are invited to attend. The title of Ms. King's lecture will be "The Challenge to Insure the Future." Ms. King has been a participant and a spokesperson for the civil rights movement since her childhood.

ALO Sleep-Over

Alo will be sponsoring a sleep-over at Singing Hills in April for students and their families. Keep watching the *Bulletin* for more information.

Senate Meetings

Hello, I'm Beth McConnell, President of Student Senate, and on behalf of the Senators I would like to invite all students to our meetings. They are held every Thursday at 1:15 pm in room 113 Montgomery. Anyone with comments, questions, or complaints or anyone who just wants to attend is welcome!!! Our new office hours will be posted next week for anyone who can not attend our meetings or wants to discuss their topics personally.

Thank-you,
Beth McConnell

Essay Competition

\$100 will be awarded to the author of the best paper on women's issues or concerns. It must be a 5 to 10 page paper written for a course taken at Clarion or Venango by a Clarion University student. Submit to Dr. Bobby Cummings, English Dept., by Friday, Feb. 23. The award will be presented at the annual Women's Conference on Saturday, March 24.

Any freshman wishing to have an ALO mentor can do so by contacting Terry Dawes (Chairman of the Mentor Program) or by filling out the form provided below. Place the completed form in the locked box at the Rhoades Desk.

I would like to have an ALO member as a mentor.

Name: _____

Phone: _____

America the Beautiful?

by Selena Spangler

America the Beautiful is losing its luster. Our spacious skies are choked with smog. Our amber waves of grain sprout from chemical concoctions, and from sea to shining sea, oil slicks and garbage surge shoreward on waves. We can't escape today's pollution - smog and acid rain fall on the just and the unjust. The pollutants dumped today will creep back into our food source for years to come. Whose fault is it? The responsibility gets lost in a vicious cycle of government regulation, business competitiveness, and consumer habits. We buy, industry provides, and the government allows. The result: picture-perfect produce, air-conditioned cars, convenient carry-out containers, and a walloping pollution problem. We may feel guilty about our habits, but what choices do we really have? Neither the market nor the media offers us practical alternatives. Laws alone won't cure what ails our planet, and we can't all live in caves. We are ready to change but what changes really matter? Defusing the environmental time bomb will require the efforts from consumers, business, and government. But we the consumers need more information. It has come to my attention recently that our student snack shop incorporates the use of styrofoam to serve their food and drink products. You the consumer have the right to know that styrofoam is actually called polystyrene and is not biodegradable. What this means is that the cup you drink your coffee from today will be around thousands of years from now. Polystyrene, when burned, gives off toxic substances known as chlorinated fluorocarbons. You may have heard about our fast-disappearing ozone layer. Well, these fluorocarbons are partially responsible for this. We also have a severe land shortage and we are running out of landfill areas to bury the stuff. Now that you have been enlightened about the use of styrofoam, maybe we can put our heads together and persuade the snack shop owners to use biodegradable products. One more thing - the next time you're at your local supermarket and they ask, "Paper or plastic?", the only wise choice should be paper, right? Quick-fix solutions are not the answers. Take a stand and learn more about your environment today. That way the choices you make in the future will be the right ones.

Letter to the Editor

Dear Editor,

I would personally like to thank all of the people who showed up at the Welcome Back Party on Saturday. Their presence and support made the day a success.

Thanks again!!!

Jeff Smith, Outdoor Club President

WANTED:

Your Giant Eagle cash register tapes for a school project. Send or give to Alta Landas in the Nursing Office. Thank you!

The following people are asked to pick up their baby pictures in the Publications Office: Geneva Maleski, Jodi Olin, Barb Heckathorne, Barb Weller, and Kim Miller. Please come only on Monday or Wednesday between the hours of 2pm and 4:30 pm.



Buy a Balloon Bouquet for Valentine's Day

Venango Psychology Club will be selling balloon bouquets for Valentine's Day. A bunch of 3 balloons and a card can be purchased and we will deliver them to anyone, anywhere on campus. Cost is only \$2.50, which must be paid when the balloons are ordered. Orders will be taken Mon, Tues, Wed, February 5, 6, & 7. A table will be set up in Rhoades or you can order them from any Psych Club member. If you want them delivered to someone on campus, make sure that you know that person's class schedule - to deliver the balloons, we will need to know the day, time, room, and building where they have class. We will not be

responsible if deliveries can not be made because the recipient was not in class on the days designated - no refunds will be made. Deliveries will be made Mon, Tues, Wed, February 12, 13, & 14.

Also, if you want to deliver groups of balloons to someone off campus, you can order them and pick them up in Rhoades on the 14th. Support your new Psych Club and brighten someone's day in the process - buy a balloon bouquet for Valentine's Day!

VENANGO CAMPUS

RECEIVED

FEB 12 1990

BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 11 NO. 5

FEBRUARY 12, 1990

Bowling Started

Bowling at the Seneca Lanes is only \$1 per night every Monday starting at 9pm. This includes 3 games of bowling. A valid campus ID is required.

**Swimming**

Students are able to swim every Friday night from 8pm-9pm at the Oil City YMCA. You must show your valid student ID at the desk. There is a limit of one guest per student.

Scholarships Available

Check the bulletin boards around the campus for a listing of scholarships to be awarded by the Venango Campus Scholarship Committee. One application will get you considered for approximately 30 scholarships. Blank applications are in the rack outside the Frame Office. The deadline is February 22, 1990. Submit your application by that date to the Frame Office or to Dr. McElhattan in 103 Frame. You will be notified of acceptance or rejection before the end of March. Additional scholarships, not under the control of the Venango Campus Committee, are also posted on various campus bulletin boards.

**Meet Candidates for Dean**

The Search Committee for the Venango Campus Executive Dean position invites the students, faculty, and staff to meet with a candidate on the following date:

Mon. Feb 19 Dr. Susan Schafer
Dean, Division of Continuing Studies, Pittsburg State University; Pittsburg, Kansas

Written comments addressing the candidate's strengths and weaknesses for the position of Executive Dean are encouraged by the Search Committee and should be directed to: Mrs. Libby Williams, Suhr Library, Venango Campus. The deadline for the committee to receive comments is 3pm Feb. 23.

**Academic Bowl**

On Thursday, March 1, the Venango Campus will host the Academic Quiz in Rhoades Center. It is a competition involving teams of three people testing their wits and knowledge against other groups of co-students. Clubs can put a team together, or individuals can form a team to compete. This will test the general knowledge of the participating students in all subjects. Get some friends together and show the rest of the student body just how smart you really are!

Wreath Workshop

Guest Artist: Cindy Bonner
A Wreath Workshop will be sponsored by the Creative Artisans in Rhoades on Feb 13 at 4:30pm. Learn how to construct and decorate a jute-type wreath for spring decoration. Supplies are limited to a 20 person participation. Please register for this free workshop at the desk in Rhoades by Monday, Feb 12.

Job Opportunities for Graduates

Automated Technology Trainee, starting salary-\$18,543. Need associates degree in computer science, computer technology, data processing or a related field.

Community Health Nurse, starting salary - \$24,294. Need bachelors in nursing from accredited NLN program.

Registered nurse, starting salary - \$24,509. Need RN license or eligibility.

Counseling

Are you having problems with your spouse or boyfriend/girlfriend? Counseling is available right on campus free of charge. The Counseling Office is located in 206 Montgomery. Hours are:
Tues & Wed 10 am - 2 pm
Thursday 5 pm - 9 pm
To make an appointment, call Venango Campus ext 278 or come to the Counseling Office during office hours. Appointments can also be made at the Administrative Office in Frame. All counseling is strictly confidential.

WELCOME TO THE JOB MARKET

Every week the Career Lab hopes to bring you some information concerning the "job hunt". We hope you enjoy our efforts.

Add sizzle to your resume. Employers receive dozens of resumes every week. But only 2% of these will result in interviews. Why? Because few employers read all of the resumes they receive. Instead, they give each one a quick, ten-second glance. If the resume is too long, too wordy, too busy, or too disorganized, it gets "filed" - trashed. A resume's job is to sell - quickly, clearly, and forcefully. It's like an advertisement of your qualifications. The best resumes are one page long. They are easy to scan. They are inviting to look at. They have sizzle - they show that you have the right stuff and you can deliver results.

How do you add sizzle? The thing that separates a winning resume from a loser is sizzle. In business, sizzle means "results". Show that you can deliver results and your sales message will glow with real sizzle. Showing that you can deliver results is easy. Take the skills needed for the job you want and show how good you are at them. For example, rather than saying that you are "a good typist", show the results of your typing skills - "type 40 words a minute with no mistakes."

Do you really need a resume? You bet. If you want to bolster your chances of getting an interview, you need a resume. A resume gives you a fighting chance and a competitive edge against all those other job seekers:

- It gives the employer information about you which is not asked on a job application.
- It adds sizzle to your skills and abilities.
- It lets you smooth over weaknesses in your back-

ground like frequent job changes or long bouts of unemployment.

- It says you are professional and that you are serious about getting a job in your chosen field.

- It will remind the employer of your skill and abilities long after the interview is over.

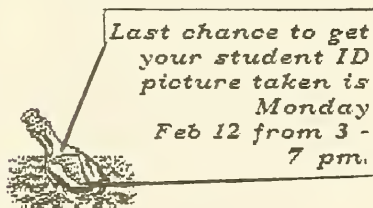
Don't be afraid to toot your own horn. If you don't toot it, no one will ever know what a great catch you are. Be honest. Don't exaggerate. But, toot your horn.

Some powerhouse sizzle words: achieved, advised, analyzed, controlled, coordinated, created, designed, directed, employed, evaluated, generated, improved, investigated, led, managed, organized, planned, reduced, researched, set up, sold, supervised, trained, wrote, etc.

Information brought to you from the Job Hunting Handbook.

Just for fun...

Intermural Co-Ed Volleyball games. Please sign up at the Rhoades desk if interested.



Outdoor Club Meeting

The Outdoor Club is meeting on Thursday, Feb. 15 at 2 pm in Rhoades.

Business Club Meeting

The Business Club is holding a reorganizational meeting at noon in Rhoades on Wednesday, Feb. 14. They will be electing new officers, so this is an important get together.



Volunteer tutors are needed to assist adults learning to read.
Please call the Literary Council of Oil City Library at 676-5301. In addition to helping someone in need, you can include this service on your resume.



Student Worker Needed

A student is needed to work in the Snack Bar during dinner hours. If someone is found, the Snack Bar can remain open until later in the evening. If interested, contact Brenda at the Snack Bar or Mrs. Rookey in 213 Montgomery.

The following people need to pick up their grad pictures in Frame Office:

Mary Emory, Al Carson, Brenda Corbin, Rachel Donaldson, Susan Decker, Karen Haws, Barbara Heckathorn, Don Kellner, Traci Maier, Beth McConnell, Geneva Maleski, Daisy Myers, Eric Rothen, Tracy Schaffer, Janey Slagel, Beverly Strain, Rhonda Taylor, Pam Vogus.

**PLEASE PUT
YOUR ALUMINUM
POP CANS IN THE
BOX BESIDE THE
POP MACHINE IN
RHOADES.
THANKS!**

Need a good reason to go to class this week? You never know when the Psych Club will be delivering a balloon bouquet to you!!!

Psychology Club Balloon Sale

Due to popular demand, the Psych Club will be taking special orders this week for balloon bouquets. Also, on Wednesday, we will have a table set up in Rhoades for spur-of-the-moment purchases. A limited supply of heart-shaped balloons will be available that day. One heart-shaped balloon and a card will be \$1. Remember deliveries will be made Feb 12, 13, and 14 or orders may be picked up from 9:30am - 6:30pm Wednesday the 14th.



Valentine's Dance

The Student Senate and the Psych Club are sponsoring a dance to be held Feb. 15 in Rhoades Center to celebrate Valentine's Day. DJ is Todd Wetjen will be playing your favorite tunes from 9 pm - 12 am. Valid student IDs are needed and will be checked at the door. Limit of one guest per student. Refreshments will be available. Anyone interested in helping to decorate should be in Rhoades at 6 pm that day.

Letter to the Editor

Our yearbook has gone to press - ahead of time! I would like to give a special thanks to Mary Beth White and Vonda Ruditis for doing a terrific job. Many thanks are also necessary for Dr. Audean Duespohl and Dr. Glenn McElhattan for writing copy for us and deep appreciation goes to Linda Hawkins, who not only wrote copy but helped with invaluable advice and time to assist us over the tough times.

Thank you all!
Rosann Rookey

**Congratulations to the two new
Student Senators Brad Keifer
and Mary Beth White.**

ABOUT THE BOOKSTORE...

As of February 22, the Bookstore in Rhoades will be closed under the current system of operation. On February 23, it will reopen as a student-run store, operating with clerk service by a student employee. Samples of everything available at the Clarion Campus will be on display here at Venango, but the item must be purchased through catalog ordering and should take about two days to arrive.

Tips from the Tutoring Office

by Linda Hawkins

The ability to *summarize* is an important skill for completing certain assignments such as abstracts, handling questions on essay exams, and taking notes while reading. Writing summaries requires you to separate main ideas from details while being brief, complete, and objective. Your practice of writing summaries can be improved with help from the Tutoring Office. Stop by rooms 209 and 210 Montgomery for assistance.

The Valentine Legend

The tradition of Valentine's Day, the day lovers exchange sweet words and small gifts, dates back to ancient times.

It began as Lupercalia in ancient Rome. During the festival, young men drew names of women as dance partners. If they became enamored, they would be formally engaged in mid-February the following year. The betrothal was sealed with an exchange of gifts.

Early Christians shifted the celebration to one focusing on purity and the remembrance of St. Valentine. Whatever their intentions, romance continued to rule the day.

European countries developed similar customs and offered sweets and small gifts to lovers on Feb 14. Inspired by the belief that birds chose their mates on that date, the Europeans in the Middle Ages thought it only natural that they do the same.

Frenchman Charles Duc d'Orleans is credited with the first writing of Valentine's Day messages. His love poems were delivered to his wife on Feb 14, 1415. She was imprisoned in the Tower of London.

In the American colonies confections were especially valued because sugar was rare. Favorites included marshpanes, roundels, and sugarplums. By the 1850s conversation hearts imprinted with messages began to appear.

This Valentine's Day, if custom continues more confections will be purchased as gifts than at any other holiday of the year.

Buckle Up!

By Dorcas Byler

Traffic accidents are the main cause of death in America for people who are under the age of 35. In a person's lifetime there is a 50% chance of being in an accident and/or being killed and one's best protection is their seatbelt. Passengers who are thrown from the car during a collision are 25 times more likely to die. Safety belts are 45% effective in preventing fatalities, 50% effective in preventing moderate to serious injuries, and 10% effective in preventing minor injuries. Most fatalities happen when it is dry and sunny outside, 80% of these accidents occur at speeds under 40 miles per hour, and 75% occur within 25 miles from home.

Just because a person uses air bags doesn't mean that they should not use their seatbelts, too. By using air bags one reduces the chance of fatality in crashes by 20 to 40%; while using both air bags and seatbelts, chance of being killed in an accident is reduced by 45 to 55%. Seatbelts are still the best protection in an accident when a vehicle rolls or is hit in the rear, or the side.

Residents of Pennsylvania must use a safety seat for children between the ages of 1 and 4 years old and an infant safety seat for infants weighing less than 20 pounds. All of the states and Washington DC require child safety seats. Any child who weighs 40 pounds or less should ride in a car seat. The safest place for a child's car seat is the center back seat of the automobile. A person needs to use their child's car seat properly. By using it properly, the seat can reduce the risk of death or serious injury by 70%. One of the most important things that parents can do when using a car seat is to read the instructions that come with the car seat. Safety seats aren't as effective if they are not used correctly. So it's very important that one uses the car seat properly, as well as using one's own safety seatbelts.



Heart Smart Word Search

GETFIT YRETRAS
BESWESICREXEE
THTCONTROLLEE
HAOARRHRHBITR
GCPHCSGLASMTU
IHSSTHITWIIAS
EIMRLAEMAOTFS
WCOLHGWLMPWE
RKKOETNKKMAOR
EEIIVISESXUTLP
VNNEGEVILIPED
OUGNHWORDDMAO
RNOITAREDOMRO
ASCIBOREASRN
TCHOLESTEROLB

AEROBICS	LIVE
ARTERY	LOW-FAT
BLOOD	MEAL
PRESSURE	MIX
CHECKUP	MODERATION
CHICKEN	OVEN
CHOLESTEROL	OVERWEIGHT
CONTROL	RISK
(anger)	ROW
DIET	RUN
EXERCISE	SODIUM
FISH	SONGS
FOWL	STOP SMOK-
GET FIT	ING
GET A	STROKE
CHECKUP	TRAIT
GROW (in	VEGETABLES
knowledge)	WEIGHT
HEIGHT	WALK
LEARN	WISH
LIMIT FAT	WORD (got it?)

Note: Left-over letters spell out the puzzle's message. Can you find them?



RECEIVED

FEB 19 1990

VENANGO CAMPUS

BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 11 NO. 6

FEBRUARY 19, 1990



Musical Performance Scheduled

Sandy Wilson's 1920's musical hit *The Boy Friend* will be performed on Feb 21-24 in Marwick-Boyd Auditorium on main campus. This delightful performance of the jazz age set long-run records when it played in London. It follows a lordly young Englishman working as a deliveryboy who wins the hand of a lowly, lovely lass who is really the daughter of a millionaire. Tickets are on sale now. They cost \$5.



Quit Smoking Lecture & Program

The Venango Campus Smoking Cessation Support Initiative Grant is sponsoring a smoking cessation lecture by Mrs. Shelia Wilkinson of the Oil City Health Center on Thursday, Feb 22 at 7:30pm in room 118 Frame. Information and sign-up for a 5-week smoking cessation program at Venango Campus will be provided. It's time to get serious about your health and the health of those you love (Spouses, boy/girlfriends, parents, etc.). For more information, contact Dr. Kole at 676-6591 ext. 270.

Scholarships Available

Check the bulletin boards around the campus for a listing of scholarships to be awarded by the Venango Campus Scholarship Committee. One application will get you considered for approximately 30 scholarships. Blank applications are in the rack outside the Frame Office. The deadline is February 22, 1990. Submit your application by that date to the Frame Office or to Dr. McElhattan in 103 Frame. You will be notified of acceptance or rejection before the end of March. Additional scholarships, not under the control of the Venango Campus Committee, are also posted on various campus bulletin boards.

President Visiting Venango Campus

Clarion University President Charles Leach will be at Venango Campus on Thursday, Feb 22 at 2:30pm to meet with any students who are interested in discussing any issues they feel are important to them and the campus, such as daycare, bookstore operation, etc. This is your opportunity to share your ideas and concerns with our President. The meeting will take place in room 112 Frame.

Candidates for President Visit Venango

The candidates for the Presidency of Clarion University will visit Venango Campus on the following days:

Tues, Feb 20 Dr. Robert Burns, interim pres. of Washburn U. in Topeka, Kansas

Fri, Feb 23 Dr. Nancy Belck, Dean of the School of Education of Central Michigan U. in Mt. Pleasant, Michigan

Tues, Feb 27 Dr. Diane Reinhard, Dean of Human Resources and Education of West Virginia U. in Morgantown, West Virginia

Fri, March 1 Dr. T. H. Bonaparte, Vice-pres for academic affairs of Bentley College in Waltham, Massachusetts

The meetings will be in room 113 Montgomery from 10:15am to 11 am.

Knowledge Exchange

Does the idea interest you? If so, you may want to attend and participate in the Academic Quiz on March 1. This will give you the opportunity to observe and challenge other students' knowledge. Get together with two of your fellow students and register at the Rhoades Desk now. Prizes will be awarded to the winning team. The competition will be in Rhoades. This will test the general knowledge of the participating students in all subjects. Show the rest of the student body just how smart you really are!

Phi Theta Kappa

Phi Theta Kappa, Alpha Kappa Delta Chapter of Clarion University, Venango Campus will be mailing invitations to prospective members within the next month. The qualifications are: 1) enrollment in an associate degree program at Venango Campus; 2) 12 full time or 36 part time credits, maximum of 70 credits; 3) 3.4 or better grade point average. If you meet these requirements and think you may be eligible to belong to the honor society, please stop in Frame Office and give PTK your name and Social Security number before Feb 28. Your eligibility will then be verified.



New Chem/Math Tutor

Eva Struthers has joined the tutoring staff as a chemistry and math tutor. Eva, a Franklin resident, is a Secondary Education-Science major. Her hours are:

Mon 11am - 5pm
Wed 1:30pm - 5:30pm

Our tutors are available to help you in room 210 Montgomery. Just a reminder, their schedule is as follows:

Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills
Mon - Thur 10am - 3pm

David Heath; Math, Biology, Education courses
Tues & Thur 6:30 - 8:30pm
Friday 12:30 - 6:30pm

Connie Jablonski; Math, Accounting, English Comp.
Tues & Thur 9:30am - 2:30pm

Don Kellner; Math, Accounting, Computer Science
Tues & Thur 5pm - 8:30pm
Wednesday 5:30pm - 8:30pm



Student Senators' Office Hours:

Mon. 2pm-3pm Diana
3:15pm-4:15 pm Rob
Tue. 12:30pm-1:30pm Merralee
5pm-6pm Beth
Wed. 1pm-2pm Daisy
Thur. 12pm-1pm John
2pm-3pm Geneva

Any student who wishes to visit the Student Senators is welcome.

Business Club Meeting

Attention ALL students. The next meeting of the Venango Campus Business Club will be held on Wed, Feb 28 at 11:30 am in Rhoades. Come in, join the club, and participate in the many activities planned throughout the business world. We want your input and your help to make this club a huge success for 1990.

Letter to the Editor

To Venango Campus Students,
Thank you for the balloon bouquet. Not only did it make my day, it brightened the whole week.

Thank you one & all,
Nancy Sowers
Bookstore

Job Opportunities for Graduates

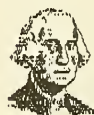
Automated Technology Trainee, starting salary-\$16,543. Need associates degree in computer science, computer technology, data processing or a related field.

Community Health Nurse, starting salary - \$24,294. Need bachelors in nursing from accredited NLN program.

Registered nurse, starting salary - \$24,509. Need RN license or eligibility.

Counseling

Are you having problems with your spouse or boyfriend/girlfriend? Counseling is available right on campus free of charge. The Counseling Office is located in 206 Montgomery. Hours are:
Tues & Wed 10 am - 2 pm
Thursday 5 pm - 9pm
To make an appointment, call Venango Campus ext 278 or come to the Counseling Office during office hours. Appointments can also be made at the Administrative Office in Frame. All counseling is strictly confidential.



Tips from the Tutoring Office

by Linda Hawkins

"Four score and seven years ago..." Think only a great president or statesman can make a great speech?? Not true! An effective speech is derived from a thoughtful, well organized, and detailed outline. Help is available for outlining difficulties at the Tutoring Office, room 209 Montgomery --we wouldn't tell a lie!!

Family Day Pizza Party on Saturday, Feb 24 from 11am - 4pm in Rhoades. There will be games and movies available.



Just for fun...

Intermural Co-Ed Volleyball games. Please sign up at the Rhoades desk if interested.



Flight Attendants Sought

You can have an exciting career traveling if you are: experienced in working with the public; a high school grad or equivalent; at least 19 years old; 5' 2" to 6' tall; willing to relocate; and looking for a challenge with great personal rewards. If you are interested and want an application, send a postcard stating your interest in an application to:

United Airlines
Flight Attendant Employment
Dept. OH
PO Box 66100
Chicago, IL 60666

**PLEASE PUT
YOUR ALUMINUM
POP CANS IN THE
BOX BESIDE THE
POP MACHINE IN
RHOADES.
THANKS!**

Meet Candidates for Dean

The Search Committee for the Venango Campus Executive Dean position invites the students, faculty, and staff to meet with a candidate on the following date:

Mon. Feb 19 Dr. Susan Schafer
Dean, Division of Continuing Studies, Pittsburg State University; Pittsburg, Kansas

Written comments addressing the candidate's strengths and weaknesses for the position of Executive Dean are encouraged by the Search Committee and should be directed to: Mrs. Libby Williams, Suhr Library, Venango Campus. The deadline for the committee to receive comments is 3pm Feb. 23.

WELCOME TO THE JOB MARKET

Create a Beautiful Resume

A winning resume grabs the reader's interest. It shows why you should be hired by focusing on your achievements. It is also effortless to read. The meat of the resume can be scanned in 10 - 15 seconds. Create a resume that does the best job at promoting your abilities. Keep it brief. Stress achievements. Use bullet entries for a clean, easy-to-scan look. A bullet entry is an asterisk * followed by a one-line sentence. The asterisks are supposed to represent bullet holes. The asterisk grabs the reader's attention and guides the eye into the typewritten line.

The Heading. Tell the employer who you are and where they can get in touch with you. At the top center of the page, type your full name, your complete mailing address with zip code, and your phone number with area code.

The Job Objective. If you don't choose an occupation, the employer probably won't choose you. Enter that occupation as your objective. If you have no real experience in that occupation, state that you are "Seeking an entry-level position as a..." and fill in your occupation.

Education. Start with your most recent school. In one line, give the date of completion, the degree or certificate awarded, the name of the school, and the school's city/state address. Immediately under each school, use one bullet entry and list 3 or 4 of the courses you took which will interest the employer. If you enrolled in any special workshops, seminars, training programs, or self-development courses which pertain to the job you are seeking, enter them in this section as if they were a school.

Job Skills. Remember to add some "sizzle" to the skills you want to stress for the job wanted. Once you've finished with the first skill, do the same with each of the other skills needed for the job you want.

Work History. If you've never worked a day in your life, skip the section. If you do have some full-time, part-time, summer, civic, charitable, or military experience, put it in your resume. Start with your most recent employer. In one line, give the date you left that job (say "Present" if you are still employed there) and give your title. On the second line, give the company's name and its city/state address. On the following lines, DO NOT list your duties and responsibilities. Instead, bullet those accomplishments which you are most proud of. Be specific. Tell about the results generated from your duties and responsibilities- employers love people who get results.

Military History. If you have ever served, put it on your resume. Under the heading "Military History", give your date of separation, your highest rank and rate achieved, and the branch of service. Keep all three of those facts on one line. On the following lines, enter as a series of bullet entries your security clearance, special assignments, collateral duties, special talents, and decorations. List your technical training under "Education." List your military job duties under "Work History" - but phrase them as result-getting accomplishments.

Personal Background. You don't have to explain your age, sex, race, marital status, or handicaps to anyone.

That's the law. You don't even have to include this section on your resume.

References. Do not list any references on your resume. Instead, at the very bottom of the page, type the phrase, "References on request." And before you do offer anyone's name as a reference, make sure you have that person's explicit permission to do so. You want a good recommendation, so why offer someone's name without their permission. At best, they may be caught off guard when someone calls about you, and give a sloppy recommendation. At worst, they might be annoyed with the call and tell the employer that you are an inconsiderate jerk.

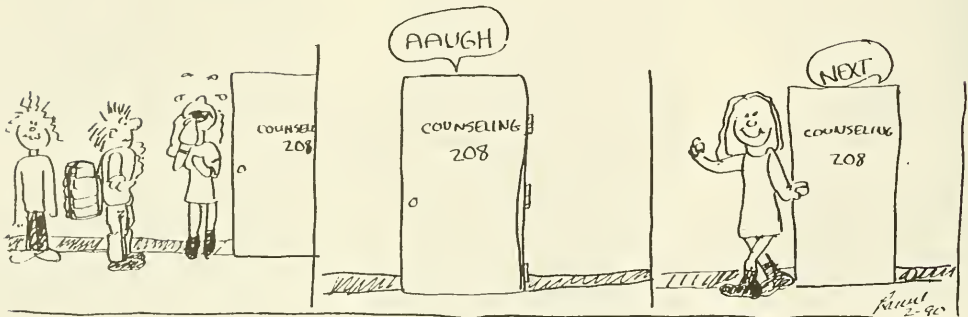
Information provided from the Job Hunting Handbook.

Lamp of Knowledge Word Search

Search the lamp for words related to education and tests. All of the letters are used!

E
 D
 L U
 O S C
 O C R A M
 H I S T O R Y
 S C T O I L S
 O S A V O R
 S E M A N
 E
 G E T S S S T R A
 H U A T A D S P E A K
 T O L Y N U Y K D I A
 D E S S A P H T L A E H D T I L T N
 T M R R E E S M B U Y L I
 A A E C A N P A E L A
 Y E S D R C S O R
 P R O G R E S S T P
 E V E
 E T U P M O C P E N
 R E A D I N G N I T I R W

ART	LAMP	SAY
AID	LEAP	SCHOOL
BUY	LIT	SEE
COMPUTE	MATHEMATICS	SELL
CAN	NAMES	SKILL
CRAM	PASSED	SOS
DATA	PCs	SPEAK
DEEP	PEAK	STAY
DUES	PEER	STUDY
EDUCATION	PEN	STYLE
EVE	POLY (tech.)	TAD
GET	PRAY	TEA
GOVERNMENT	PROGRESS	TOILS
HEALTH	READING	TRAIN
HISTORY	REAMS	VAT
HOUSE	SALT	WRITING
KIT	SAVOR	YES!



VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 11 NO. 7

FEBRUARY 26, 1990

Student IDs

The following people need to pick up their student IDs in the Frame Office: Anthony Bergamasco, Paul Naftzger, Lisa Baker, Mark Cratty, Pam Davis, Don Hofmeister, Debora Kapp, Linda Moffitt, Deanna Moyer, Nancy Murray, James Olson, Jeffrey Reszkowski, Deborah Baker, Teresa Baker, Pamela Davison, Rebecca Foreman, Karen Grandleis, Carolyn Hare, Deborah Lubonovich, Debra McKlissick, James Marchall, Gerald Stephenson, Stephanie Vogus, James Zdarko.

Housing Info for Fall 1990

If you are interested in "on campus housing" at Clarion for Fall 1990, the forms will be in the Administration Office in March. Watch the *Bulletin* for the date. A \$75 deposit will be required at the time you apply for housing. Room assignments will be made April 18 - 20 for all those students that made a deposit with an application.

Have Problems?

Sometimes it is hard to carry your problems on your shoulders, so SHAKE the load. Counseling is as close as the campus. The Counseling Office at 206 Montgomery is open: Tues & Weds 10 am - 2 pm Thursdays 5 pm - 9 pm To make an appointment, call Venango Campus ext. 278 or come to the Counseling Office. Appointments can also be made at the Frame Administration Office. All counseling is free and confidential.



TOGA DANCE

The Ides of March (the 15th) is a famous occasion. Julius Caesar was stabbed to death on that day. To commemorate this, ALO and Business Club will sponsor a toga dance in Rhoades from 9 pm-midnight. All students attending must show a valid student ID. Togas are the desired garments, and any student wearing one gets in free. All students not wearing a toga must pay \$1 at the door. There will be a chug-a-lug contest (of pop), a best toga contest, and a raffle. Drinks and snacks will be provided. Show up in your favorite bedsheet (with something on under it please!) and dance away the evening!!!

Candidates for President Visit Venango

The candidates for the Presidency of Clarion University will visit Venango Campus on the following days:
Tues, Feb 27 Dr. Diane Reinhard, Dean of Human Resources and Education of West Virginia U. in Morgantown, West Virginia
Fri, March 1 Dr. T.H. Bonaparte, Vice-pres for academic affairs of Bentley College in Waltham, Massachusetts
The meetings will be in room 113 Montgomery from 10:15am to 11 am.

Can you answer this?

The parthenon was built in Athens during the 5th century BC in honor of which goddess? If you can, sign up for the Academic Quiz!

- WHO: Would-be scholars on a 3 man team
WHAT: Academic Quiz -- Test your knowledge
WHERE: Rhoades Center
WHEN: March 1 at 7 pm
WHY: To show up the athletes, for the fun, and for the prizes
HOW: Sign up at the Rhoades Desk TODAY!



WANTED:
Student Worker
for the
Bookstore.
Hours negotiable.
Minimum wage
plus commission.
Contact Frame
Office by 4pm
Tuesday Feb. 27

New Library System

Library bar codes go into effect March 23. They are needed to check out books from the Suhr Library. During the weeks of Feb 26 - March 1 and March 12 - 15, a table in Rhoades will set up for you to get your student IDs modified. The table will be attended during the following hours:
Mon & Wed 3pm - 6pm
Tues, Wed, & Thur 10am-2pm

WANTED:

Your Giant Eagle cash register tapes for a school project. Send or give to Alta Landas in the Nursing Office until the end of April. Thank You!!

New Chem/Math Tutor

Eva Struthers has joined the tutoring staff as a chemistry and math tutor. Eva, a Franklin resident, is a Secondary Education-Science major. Her hours are:

Mon 11am - 5pm
Wed 1:30pm - 5:30pm

Our tutors are available to help you in room 210 Montgomery. Just a reminder, their schedule is as follows:

Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills
Mon - Thur 10am - 3pm

David Heath; Math, Biology, Education courses
Tues & Thur 6:30 - 8:30pm
Friday 12:30 - 6:30pm

Connie Jablonski; Math, Accounting, English Comp.
Tues & Thur 9:30am - 2:30pm

Don Kellner; Math, Accounting, Computer Science
Tues & Thur 5pm - 8:30pm
Wednesday 5:30pm - 8:30pm

This Week. . .

Monday, Feb 26 is Rose Monday, the day women rule the world. Bowling at Seneca Lanes.

Tuesday, Feb 27 is Fat Tuesday, so visit the Snack Bar and eat a daily special.

Wednesday, Feb 28 is the last day of the month. The week is half over!

Thursday, March 1 is the Academic Quiz in Rhoades Center. Be there!!

Friday, March 2 is swimming at the YMCA in Oil City, and THE WINTER HOLIDAY STARTS AT 10 PM!!!!!! Don't show yourself around here until Monday, March 12. Have a good holiday!

PLEASE PUT
YOUR ALUMINUM
POP CANS IN THE
BOX BESIDE THE
POP MACHINE IN
RHOADES.
THANKS!



Speaker to present topic

On Wednesday, March 14 at 7 pm in Rhoades Auditorium, Dr. Moylan C. Mills will present "Curtains Up and Away We Go: The Development of the American Musical". This is free to the public and open to anyone who is interested in attending.

Giuseppe Mercalli was an Italian geologist who is primarily known for devising a system of measuring the intensity of . . . answer on page 4



Tips from the Tutoring Office

by Linda Hawkins
Whether they be sign errors in math, transposed numbers in accounting, or spelling and grammatical errors in writing, we all make occasional careless mistakes. Proofreading is the key to improving your performance in any subject. Get into the habit of checking your work and making the necessary revisions. If you are having problems in a class and need more than do-it-yourself tips, check out the free tutoring services available in rooms 209 & 210 Montgomery.

Earn Credits Through CLEP Testing

The CLEP program offers students and non-students the opportunity to earn college credits by examination. Applications/brochures for the CLEP exams are available in Frame Office and at the Career Lab in 211 Montgomery. The CLEP test dates for Spring 1990 are:

Friday, March 16 at noon

Friday, April 20 at 9 am

Friday, May 11 at 9 am

Tests are taken in room 113 Montgomery. Applications should be turned in two weeks before the date of the test. If you have questions regarding the CLEP testing program, please contact Dr. Kole at 676-6591 ext. 270.

The first Americans executed for treason during peacetime were Julius and Ethel. . . answer on page 4

Federal Employees Sought

The Office of Personnel Management's Federal Investigations Processing Center in Boyers, PA is searching for baccalaureate degree candidates for an Investigator Trainee position and associate degree candidates for an Investigator Assistant Trainee position. Most liberal arts majors will be accepted for consideration. An SF-171 Application for Federal Employment and a copy of transcripts should be submitted for each student interested in an appointment. These should be sent to: US Office of Personnel Management; 1900 East Street, N.W.; OPEEO Rm 1447; Recruitment & Special Employment Programs; Washington, D.C. 20415. For a SF-171 application form, contact Diane Becker in room 211 Montgomery or 676-6591 ext. 272.

CLARION UNIVERSITY
OF PENNSYLVANIA

INTER-OFFICE CORRESPONDENCE

DATE: February 26, 1990

FROM: Dr. Audean Duespohl, Interim Dean

TO: All Students, Staff, Faculty and Visitors

The following policy is taken from the Clarion University "Tobacco Use Policy" issued February 23, 1990 by Dr. Charles Leach, Interim President.

TOBACCO USE POLICY
Venango Campus

1. The use of smokeless (chewing) tobacco products is prohibited in all University buildings.
2. "No Smoking," or **"No Smoking Except in Designated Areas" signs will be posted at the entrances to all buildings.
3. Smoking is prohibited in the corridors of all University buildings.
4. Smoking is prohibited in all areas of Suhr Library building.
5. The long-term goal regarding tobacco products is to make Clarion University a totally smoke-free campus by the year 2000, and to do so primarily through educational efforts and through providing support for persons who request assistance in abandoning the use of tobacco products.

** The designated smoking areas are as follows:

Frame Building	Room 115
Montgomery Hall	Room 208

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

107

WELCOME TO THE JOB MARKET

How People Get Jobs

Job Search Method:	% who tried it	Success ratio
Applying direct to the employer	66%	48:100
Asking friends about jobs where they work.....	51%	22:100
Answering local news-paper ads.....	46%	24:100
Asking relatives about jobs elsewhere.....	42%	12:100
Using the state employment service.....	34%	14:100
Asking relatives about jobs where they work.....	28%	19:100
Asking relatives about jobs elsewhere.....	27%	7:100
Using a private employment agency.....	21%	24:100
Taking the civil service exam.....	15%	13:100
Using the school placement office.....	13%	21:100
Answering nonlocal news-paper ads.....	12%	10:100
Asking a teacher or professor about jobs.....	10%	12:100
Union hall hiring.....	8%	22:100
Using local organizations.....	6%	13:100
Answering ads in a professional journal.....	5%	7:100
Placing an ad in a local paper.....	2%	13:100
Going to where employers pick up people.....	1%	8:100
Miscellaneous approaches.....	12%	40:100

Source: Bureau of Census (poll of 10 million job seekers)
Information provided from the Job Hunting Handbook

Smoking Pathology Article #1

by Dr. Belzer

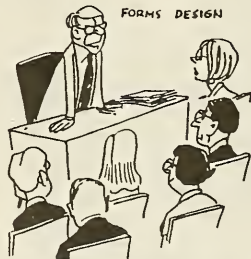
Cilia are small hair-like structures found in the lung's air ways. They continuously sweep pollutants, viruses, bacteria, and other damaging material out of the lungs. This activity helps to protect the delicate membranes in the lung from destruction. The first reports to Congress on the health consequences of cigarette smoke (mandated by law almost 25 years ago) recognized that an immediate effect of breathing in cigarette smoke was the paralysis of these cilia. The result is the settling of mucus, bacteria, viruses, and pollutants deeper into the lungs where they produce the increased incidence of respiratory tract infections, lung cancer, and destruction of lung tissue (emphysema) found in smokers.

One of the earliest signals that the cilia have stopped functioning is the appearance of microscopic mucus plugs coughed up in the saliva. These mucus plugs or casts are pieces of condensed mucus that settled into and impacted the small air tubes in the lungs. Even back in the mid-60s it was known that these same mucus plugs appear in the saliva of non-smokers who are exposed to cigarette smoke, but they do not occur in non-smokers who live in a smoke-free environment. However, not until the 1980s have researchers begun to study and document the damage to non-smokers suffered from breathing in second-hand cigarette smoke.

Research with dogs showed that after the loss of ciliary function, continued smoking (for about 44 days) leads to the outright destruction of many of the cilia. By 420 days of inhaling cigarette smoke, the cells that produce cilia were destroyed and replaced by a different type of cell that does not make cilia, thereby removing the major defense for the lung. The study did not specify how long it takes, after the body is no longer exposed to smoke, for the cells to return and grow new cilia; but this DOES happen (perhaps within weeks?) and thus begins to return this important protective function for the lung. Quitting smoking is not only good for you but for the people near you.

I. R. S.

FORMS DESIGN

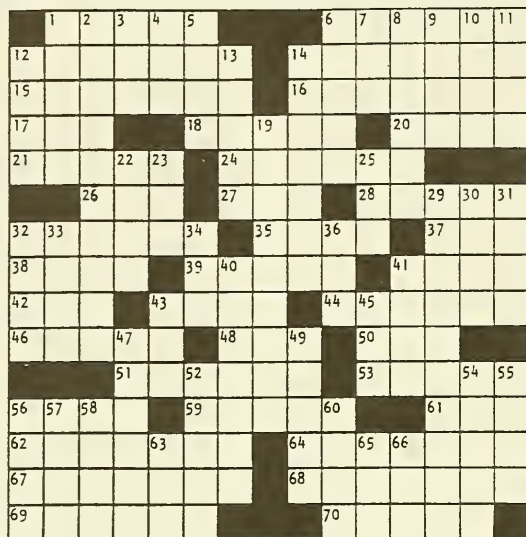


In our description, remember that simple is the word for complicated, and detailed is the word for unfathomable!

GET AN EDGE ON COLLEGE

The Army's Concurrent Admissions Program and Army College Fund assure you College and tuition money after Army service. In Franklin, call 437 - 2554

ARMY. BE ALL YOU CAN BE.



Armed Forces Crossword

ACROSS

1. Gripping device
6. Unrefined
12. Seafarers
14. WWII "dogface"
15. Where a kite might alight
16. Nestled
17. Promissory note
18. Bricklayer
20. — Chase
21. Singer — John
24. Ancient German
26. Day before a holiday
27. Do badly
28. Flirted
32. Contribute
35. Seed
37. Prefix for three
38. Arabian headband
39. Scandinavian
41. Combat memento
42. Game-board pieces
43. Large continent
44. Disenthroned
46. Kind of quarrel
48. Explosive initials
50. Diamond girl
51. Toast: To your —!
53. Well-publicized
56. Color vat

DOWN

59. Harass
61. Scot's negative
62. Leathernecks
64. Forest and "Lone"
67. Schoolbox items
68. Embraces
69. Catnaps
70. Polish
1. — Burnett
2. Shavetail
3. Milwaukee product
4. Bon —
5. School dance
6. Dracula's title
7. Around a long time
8. Putting two and two together
9. Small stream
10. Search out
11. Earth goddess
12. Eye affliction (variation)
13. Torrent
14. Scrubbed
19. "No time for —"
22. Elliptical
23. Butterfly trap
25. — Paul (5. African statesman

29. Battalion bosses (2 words)
30. Historic periods
31. Dreadful
32. Humid
33. Curved molding
34. Beast of burden
36. Barber or Buttons
40. Foolish
41. Short ride
43. Response of 12 Across
45. Social club member
47. Three times
49. Usual limerick start
52. Adam's son and others
54. Hospital rooms
55. Loch —
56. Electric units, for short
57. Celt
58. Sea Eagle
60. Penetrating flavor
63. Bite
65. Professional organization
66. Baby syllable

MAR - 9 1990

VENANGO CAMPUS BULLETIN

EDITED BY: **DIANE BECKER**
 PUBLISHED BY THE STUDENTS AND FACULTY
 VOL. 11 NO. 8 MARCH 12, 1990



Smoking Cessation

Support Group

When: Thursdays; March 22 & 29, April 5, 12, & 19, and May 17.

Where: Room 118 Frame
 Time: 7:30pm

Sponsor: Venango Campus Smoking Cessation Support Initiative grant

Facilitator: Mrs. Sheila Wilkinson of the Oil City Area Health Center

Cost: \$25 (\$10 reimbursed by the grant for students; \$25 reimbursed by the university for faculty and staff)

Interested: contact Dr. Kole in 212 Montgomery for a registration form.

Note: Class size is limited to 14. If enough people sign up, another class can be scheduled for the same dates but at 8:30pm.

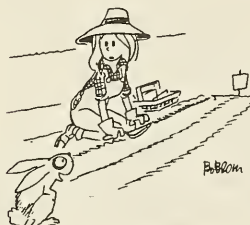
Housing Info for Fall 1990

If you are interested in "on campus housing" at Clarion for Fall 1990, the forms will be in the Administration Office in March. Watch the *Bulletin* for the date. A \$75 deposit will be required at the time you apply for housing. Room assignments will be made April 18 - 20 for all those students that made a deposit with an application.

State Work- Study Program

Are you looking forward to another summer of flipping burgers and mowing lawns? Well, PHEAA has a better idea. It's the State Work-Study Program (SWSP). SWSP allows the Commonwealth's students to get career-related experience and cash to help pay for school next fall. Supported by funds appropriated each year by the PA General Assembly, SWSP has a job bank of employers who are willing to hire students in their field of study. Last year, about 1000 students took advantage of SWSP. They chose from a job bank of 3000 SWSP jobs and earned more than \$1.7 million. For a partial job list and application, stop by the rack outside of Frame Office for a copy of *The State Work-Study Times* or visit the Career Lab in 211 Montgomery.

An up-to-date advisor list is now available in the Administration Office. Any student wishing to see the printout is welcome to do so during regular office hours.



"So what are we having this year?"

Speaker to Discuss Musicals

On Wednesday, March 14 at 7 pm in Rhoades Auditorium, Dr. Moylan C. Mills will present "Curtains Up and Away We Go: The Development of the American Musical". Dr. Mills is the Director of Academic Affairs and Associate Professor of English, Humanities, and the Arts at Penn State, Ogontz Campus in Abington. This presentation will explore the development of the musical from its beginnings in 1866 to the current work of Stephen Sondheim and Andrew Lloyd Webber. Along the way, the works of George Cohan, Florenz Ziegfeld, George Gershwin, Cole Porter, and Rodgers, Hart and Hammerstein will be examined. Participants will have the chance to discover the elements that have made this singing/dancing phenomenon into an international success story. Video highlights from a number of musicals will be used as illustrations. This is free to the public and open to anyone who is interested in attending.

New Library System

Library bar codes go into effect March 23. They are needed to check out books from the Suhr Library. This week a table in Rhoades will set up for you to get your student IDs modified. The table will be attended during the following hours:
 Mon & Wed 3pm - 6pm
 Tues, Wed, & Thur 10am-2pm



TOGA DANCE

The Ides of March (the 15th) is a famous occasion. Julius Caesar was stabbed to death on that day. To commemorate this, ALO and Business Club will sponsor a toga dance in Rhoades from 9 pm-midnight. All students attending must show a valid student ID. Togas are the desired garments, and any student wearing one gets in free. All students not wearing a toga must pay \$1 at the door. There will be a chug-a-lug contest (of pop), a best toga contest, and a raffle. Drinks and snacks will be provided. Take advantage of this opportunity to see your friends in their favorite bedsheets (with some-thing on under it please!) and dance away the evening!!!

Earn Credits Through CLEP Testing

The CLEP program offers students and non-students the opportunity to earn college credits by examination. Applications/brochures for the CLEP exams are available in Frame Office and at the Career Lab in 211 Montgomery. The CLEP test dates for Spring 1990 are:

Friday, March 16 at noon

Friday, April 20 at 9 am

Friday, May 11 at 9 am

Tests are taken in room 113 Montgomery. Applications should be turned in two weeks before the date of the test. If you have questions regarding the CLEP testing program, please contact Dr. Kole at 676-6591 ext. 270.

WANTED:

Your Giant Eagle cash register tapes for a school project. Aend or give to Alta Landas in the Nursing Office until the end of April. Thank You!!



New Nursing Chairperson

Mary Kavooosi has been elected Chairperson of the Department of Nursing. She will assume her duties this summer and serve a two year term. Congratulations to Mary and thanks to Barb Stright, outgoing Chairperson, for her dedicated service this past term.

Federal Employees Sought

The Office of Personnel Management's Federal Investigations Processing Center in Boyers, PA is searching for baccalaureate degree candidates for an Investigator Trainee position and associate degree candidates for an Investigator Assistant Trainee position. Most liberal arts majors will be accepted for consideration. An SF-171 Application for Federal Employment and a copy of transcripts should be submitted for each student interested in an appointment. These should be sent to: US Office of Personnel Management; 1900 East Street, N.W.; OPEEO Rm 1447; Recruitment & Special Employment Programs; Washington, D.C. 20415. For a SF-171 application form, contact Diane Becker in room 211 Montgomery or 676-6591 ext. 272.

Psych Club Meeting

The Psychology Club will be holding an important meeting on Monday, March 12 at 12:30 pm in Rhoades. We will be holding the election for secretary, finalizing plans for the trip to the conference, planning other activities for this semester, and planning our budget for next year. All members are asked to attend. Membership is open to anyone who has an interest in psychology or related fields.

**PLEASE PUT
YOUR ALUMINUM
POP CANS IN THE
BOX BESIDE THE
POP MACHINE IN
RHOADES.
THANKS!**



Cake Decorating Demonstration

The Creative Artisans are holding a cake decorating demonstration on Tuesday, March 13 at 4:30 pm in Rhoades. Everyone is invited to join them and share the goodies after the demonstration.

Outdoor Club Meeting

On Tuesday, March 13, the Outdoor Club will hold a meeting at 3 pm in Rhoades to plan next year's budget.

*It is easier to be
critical than correct.
-- Salada*



Raffle Winners

Greg Munsgard won \$150 in the Student Senate raffle, and Sue McElree won \$606.50 in the Nursing raffle this semester. CEC is holding the next raffle soon. Be sure to get a ticket. YOU COULD WIN BIG BUCKS BY SUPPORTING THEIR CAUSE!

Letter to the Editor

On behalf of all the Psychology Club members, I would like to thank everyone for their support of our Valentine balloon sale. It was a huge success! A special thanks to Ralph Motter for the use of his office all week, to Diane Becker for her help tying balloons, and to the Student Senate for their help in getting us started. We would also like to thank everyone who helped us at the dance. Thanks to Lou and Marite for being chaperones!

*Beth Davidson
President*

Women's Conference

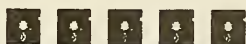
The Venango Campus Student Senate is willing to pay the full conference fee (\$8) for a LIMITED NUMBER of students who wish to attend the women's conference in Clarion on Friday and Saturday, March 23 & 4. Several workshops will be conducted on those days concerning important issues that women today need to deal with. For information about the fees, contact Rosann Rookey at 676-6591 ext 271 or in room 213 Montgomery.

Have Problems?

Sometimes it is hard to carry your problems on your shoulders, so SHAKE the load. Counseling is as close as the campus. The Counseling Office at 206 Montgomery is open: Tues & Weds 10 am - 2 pm Thursdays 5 pm - 9 pm To make an appointment, call Venango Campus ext. 278 or come to the Counseling Office. Appointments can also be made at the Frame Administration Office. All counseling is free and confidential.

Fall Special Topics Course Description

Biol 200 - 51 is about atherosclerosis. It is 2 credit hours taught by Dr. Belzer on Mondays of the Fall 90 semester. This is open to students who have completed Biol 258 or who are currently enrolled in Biol 258, and to students in the BSN program or who have professional nursing experience. Other students may be admitted by consultation and special permission of the instructor. The weekly classroom hour will be used for lectures and exams. The second hour (by arrangement) will involve students in special readings, viewing of continuing medical education videotapes on the topic, writing papers, and possibly seminars by regional physicians. Course content will include an introduction to basic anatomy and physiology of the vasculature; an in-depth study of the liver function/ endothelial function/ lipoprotein production and regulation; pathogenesis and pathophysiology of atherosclerosis; genetic and environmental factors in atherosclerosis; therapeutic strategies and mechanisms.



TIPS FROM THE TUTORING OFFICE

by Linda Hawkins

Critical thinking skills are valuable for all students, regardless of major. In order to be adequately prepared for a career in today's society, students must learn to think as well as read with discernment.

The Tutoring Office has a series of software entitled *Reading and Critical Thinking Skills*. The program includes three units: Literal Reading Skills, Inferential Thinking Skills, and Evaluative Thinking Skills. If you are interested in sharpening your ability to read with understanding and critical thinking, why not stop by the Tutoring Office in rooms 209 & 210 Montgomery and spend some time with this software.



Social Sport of the 90s -- POOL

A recent Gallup poll shows pool to be one of the fastest-growing activities around today. In fact it ranks 7th of all leisure sporting endeavors, ahead of jogging, softball, and aerobics. And more people are joining the 35 million stick-chalkers in the US every day. Going out for a game of pool is a world away from what it was a few decades ago. Today there are family billiard parlors where everyone can enjoy the game. And it's become an equally enjoyable dating activity. Pool is cool. It's featured in magazine ads, movies, and recreation rooms. It's a game that is fun for a tyro or a master player, and there's literally no end to development of technique and skill. *Pool and Billiard Magazine* says the mainstream player is male, middle-aged, well-schooled and well-heeled with 43% of parlor players earning \$40,000 plus per year and another 37% earning about \$25,000. The 18- to 34-year-old age group accounts for about a third of all pool shooters with young female players increasing in visibility at public establishments.

It fills a need for high-quality entertainment without the dangers brought on by alcoholic beverages. Many of the new establishments don't serve liquor. Further, pool and billiards are a social sport where people interact instead of observing while others entertain them. They participate themselves and do it with their friends and family.

Application forms for American Express credit cards are in Rhoades if you are interested in applying.

A BIG thanks to the Venango Campus students who took part in the Venango College Bowl on March 1, 1990. You represented the Campus in a very positive light by your participation, knowledge, and good humor. A special thanks to the first place winners - Diane Becker, Ralph Motter, and Jay Parson (\$15 gift certificate to the new Bookstore); second place winners - Scott Switzer, Al Gorley, and Al Carson (\$10 gift certificate to the new Bookstore); and third place winners - Jeff Smith, Cindy Walentosky, and Steve (\$5 gift certificate to the new Bookstore). Thanks to Rosann Rookey for her efforts in arranging this event and her attempts at hustling individuals to participate. Everyone did very well - thank you.

T. Audean Duespohl
Interim Dean
Venango Campus



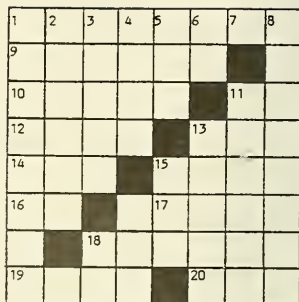
STALLING STRESS WORD FIND

If you follow the advice in these tips for alleviating stress, you're sure to feel more calm and confident. To relax even more, have fun finding the key words in the search grid. They are in bold caps.

All the answers are up-and-down or across. Diagonals are stressful!

THOUGHTST
EWYENOMPA
NOAHATEOE
SRCTESRUS
IRTAVLQSI
OIBEOLSEC
NERDLIHC
YSTJOBMOE
VYTEIXNAX
SICKNESSE

1. Work for **JOB** satisfaction.
2. Be friends with your **SPOUSE**.
3. Relax and avoid **ANXIETY**.
4. Find what causes your **TENSION**.
5. Spend time with your **CHILDREN**.
6. Handle **MONEY WISELY**.
7. Think positive **THOUGHTS**.
8. Guard health, avoid **SICKNESS**.
9. Pay your **BILLS**.
10. Manage your **WORRIES**.
11. Don't fear **DEATH**.
12. **EXERCISE** to get stronger.
13. Don't **HATE** anybody.
14. **EAT** healthy foods.
15. Put **LOVE** into your life.
16. **ACT** wisely in all things.



Fast Fitness Crossword

ACROSS

1. Physical activity
9. Nullify
10. Put an H before 10 to get a salad dressing brand
11. Regarding (abbr.)
12. Cambodian currency
13. Mongrel dog
14. Pistol (slang)
15. T.V. award
16. Opposite of isn't
17. World's shape
18. Request made by me (2 words)
19. Opposite of beginnings
20. Lacking moisture

DOWN

1. To make vigorous
2. Hybrid effects on plants
3. Water bird, white
4. Scold
5. Certificates (abbr.)
6. That is (abbr.)
8. How often to walk for exercise
11. Foot race participant
13. Was capable of
15. Spinning toy
17. Short for railways
18. Letters after a doctor's name

RECEIVED

MAR 19 1990

VENANGO CAMPUS

BULLETIN

EDITED BY: DIANE BECKER
 PUBLISHED BY THE STUDENTS AND FACULTY
 VOL. 11 NO. 9 MARCH 19, 1990



Having a Candy Attack?

If you aren't getting your daily sugar intake due to a lack of junk food in your diet, contact a Nursing Club member. They are selling Dan Smith Candies for \$1 apiece. Choose from peanut butter, chocolate nut fudge, and coconut.

Summer Job Fair

On Wednesday, March 21, the Office of Career Services is hosting a Summer Job Fair. The fair will be located in Tippin Gym from noon to 4pm. Over 25 employers will have information tables for students to visit and discuss the summer opportunities available. Many summer camps will be in attendance. Several of these camps serve a specific population (i.e., Girl Scouts, Boy Scouts, blind/visually impaired youth, inner city youth, mentally retarded youth, deaf/hearing impaired youth). Listed below are some sample positions for which the camps will be hiring: Counselors, Swim Instructors, Nature Instructors, Recreation/Sports Leaders, Arts/Crafts Directors, & Dance Instructors. Please attend if you are looking for a summer job.

WANTED:

Your Giant Eagle cash register tapes for a school project. Send or give to Alta Landas in the Nursing Office until the end of April. Thank You!!



Earn Credits Through CLEP Testing

The CLEP program offers students and non-students the opportunity to earn college credits by examination. Applications/brochures for the CLEP exams are available in Frame Office and at the Career Lab in 211 Montgomery. The CLEP test dates for Spring 1990 are:

Friday, April 20 at 9 am

Friday, May 11 at 9 am

Tests are taken in room 113 Montgomery. Applications should be turned in two weeks before the date of the test. If you have questions regarding the CLEP testing program, please contact Dr. Kole at 676-6591 ext. 270.



New Library System

Library bar codes go into effect March 23. They are needed to check out books from the Suhr Library. The codes are to be affixed onto the back of your student ID. They look like the example above. If you don't have one on your ID, one will be applied to it the next time you're in the Library. If you have one, your bar code will be activated on your next visit.

Having a Bad Day?

Are you having a bad day? Counseling is as close as the campus. The Counseling Office at 208 Montgomery is open the following hours:
 Tues & Weds 10 am - 2 pm
 Thursdays 5 pm - 9 pm
 To make an appointment, call Venango Campus at 676-6591 ext. 278 or come to the Counseling Office. Appointments can also be made at the Administration Office in Frame. All counseling is free and strictly confidential.



Smoking Cessation

Support Group

When: Thursdays; March 22 & 29, April 5, 12, & 19, and May 17.

Where: Room 118 Frame

Time: 7:30pm

Sponsor: Venango Campus
 Smoking Cessation
 Support Initiative grant
 Facilitator: Mrs. Sheila Wilkinson of the Oil City Area Health Center

Cost: \$25 (\$10 reimbursed by the grant for students; \$25 reimbursed by the university for faculty and staff)

Interested: contact Dr. Kole in 212 Montgomery for a registration form.

Note: Class size is limited to 14. If enough people sign up, another class can be scheduled for the same dates but at 8:30pm.

Tips from the Tutoring Office

by Linda Hawkins

You have some free time between classes. You could go to Rhoades to slurp down a soda and crunch on a candy bar while getting caught up on the latest gossip. OR you could stop by the learning lab at 210 Montgomery and spend 15-20 minutes watching one of new study skills videos! Brief but informative videocassette programs are available on a variety of topics like "How to Read a Textbook", "How to Study for Essay Tests", and "How to Listen Effectively." You're sure to pick up some helpful study tips and think of all the calories you'll save!!!



State Work-Study Program

Are you looking forward to another summer of flipping burgers and mowing lawns? Well, PHEAA has a better idea. It's the State Work-Study Program (SWSP). SWSP allows the Commonwealth's students to get career-related experience and cash to help pay for school next fall. Supported by funds appropriated each year by the PA General Assembly, SWSP has a job bank of employers who are willing to hire students in their field of study. Last year, about 1000 students took advantage of SWSP. They chose from a job bank of 3000 SWSP jobs and earned more than \$1.7 million. For a partial job list and application, stop by the rack outside of Frame Office for a copy of *The State Work-Study Times* or visit the Career Lab in 211 Montgomery.

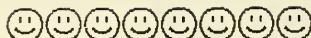
**PLEASE PUT YOUR
ALUMINUM POP CANS
IN THE BOX BESIDE
THE POP MACHINE
IN RHOADES.
THANKS!**

Federal Employees Sought

The Office of Personnel Management's Federal Investigations Processing Center in Boyers, PA is searching for baccalaureate degree candidates for an Investigator Trainee position and associate degree candidates for an Investigator Assistant Trainee position. Most liberal arts majors will be accepted for consideration. An SF-171 Application for Federal Employment and a copy of transcripts should be submitted for each student interested in an appointment. These should be sent to: US Office of Personnel Management; 1900 East Street, N.W.; OPEEO Rm 1447; Recruitment & Special Employment Programs; Washington, D.C. 20415. For a SF-171 application form, contact Diane Becker in room 211 Montgomery or 676-6591 ext. 272.

Human Services Positions Offered

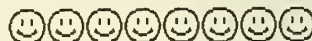
Counseling and Care Services, Inc., a progressive and rapidly expanding child welfare agency, is seeking committed, career-minded professionals for several levels in a variety of positions throughout the state of Pennsylvania. Positions open include: Case managers, Supervisors, Administrators, and Recruiters. Competitive salaries, excellent benefits, and outstanding opportunities for professional advancement. Life experienced, valued and retired people welcome. Interviews will be held at the Holiday Inn in Harrisburg on March 30 from 2pm - 9pm and on March 31 from 1:30pm - 6pm or send a resume to Administration, Counseling & Care Services, Inc., 428 East Market St., Danville PA 17821. Telephone number is (717)275-1615. If you need more specific or detailed travel info, call the Holiday Inn at (717) 939-7841.



For \$.25 you can have a Happy Ad appear in the Bulletin. The deadline is 2 pm on the Thursday before you want it printed. Give it to Diane Becker in room 211 Montgomery or put it in the Bulletin mailbox in the Frame Office.

A big thank you to Laurie Black for her beautiful chalk mural on the bulletin board outside 208 Frame. Great work, Laurie!

The staff of the Bulletin would like to welcome back Mrs. Kim Price. I'm happy to see you around campus again!



Looking to Hire:

A student interested in making a few extra dollars each week doing light housekeeping. The student is asked to work only one day a week. (The time and day will be negotiated to his/her convenience.) The work will take approximately 3 to 4 hours and the wage is also negotiable. For more information, put your name, phone number, and best time to be reached in an envelope addressed to "Jobs" 101 c/o Venango Campus Bulletin. Give the envelope to Diane Becker (Editor) or put it in the Communications mailbox in Frame Administration Office.



Wanted: A Ride

A Venango Campus student is looking for someone to share rides back and forth to Clarion campus. Days and times of classes are: Mon & Wed 3:30pm - 4:45pm. If you are interested in sharing gas expenses and driving time, please call 676-5706.



Summer Jobs at 4-H Camp

The 4-H Camp Shehagua, located in the Poconos, is looking to fill 4 summer job positions. The positions are: Head Cook, Assistant Cook, Chore Person, and Lifeguard/Recreation Director. The application deadline is March 28. For a job description and/or an application, stop by the Career Lab in room 211 Montgomery.

Tutoring Available

Our tutors are available to help you in room 210 Montgomery. Just a reminder, their schedule is as follows:

Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills

Mon - Thur 10am - 3pm

David Heath; Math, Biology, Education courses

Tues & Thur 6:30 - 8:30pm

Friday 12:30 - 6:30pm

Connie Jablonski; Math,

Accounting, English Comp.

Tues & Thur 9:30am - 2:30pm

Don Kellner; Math, Accounting,

Computer Science

Tues & Thur 5pm - 8:30pm

Wednesday 5:30pm - 8:30pm

Eva Struthers; Chemistry,

Math

Mon 11am - 5pm

Wed 1:30pm - 5:30pm

Bookstore News

The new spring line of clothing has arrived at the Bookstore.

Come in and check out some of our new items. We now carry candy bars, chips, gum, and crackers at prices that can't be beat. Bookstore hours are:

Mon 10:30 am - 1 pm

4:30 pm - 6:30 pm

Tue 11:30 am - 1:30 pm

4:30 pm - 6:30 pm

Wed 4:30 pm - 6:30 pm

Thur 11 am - 1 pm

2nd Annual Battle of the Bands

On Thursday, March 29, from 7 pm to midnight, Venango Campus Student Senate will be hosting a musical competition between local bands in Rhoades Gym. First prize is \$500; second is \$300; third is \$200; the best vocalist and the peoples choice each get \$100.

Venango Campus students must show student ID at the door and when voting. ONE guest per student. The following bands have been invited to perform:

The Force

Bullet Band

Wild Karde

Funn Band

Long Shot

Contra Band

Delirious

■ ■ ■ ■ ■ ■ ■ ■ ■ ■
■ **Would you like to go** ■
■ **to Toronto for a** ■
■ **weekend with the** ■
■ **school?** ■

■ **Possible date:** ■
■ **_____ May 18 - 21** ■

■ **Name:** _____ ■

■ **Phone #:** _____ ■

■ **Check and place in ballot** ■
■ **box in Rhoades if** ■
■ **interested.** ■
■ ■ ■ ■ ■ ■ ■ ■ ■ ■

Coming Event: Easter Egg Hunt



Date: April 8

Time: 2 pm - 4 pm

Place: Rhoades Center

The Easter Egg Hunt is open to all students' families, including children that are cousins, nieces, and nephews. The age group of children will be limited to 12 years old and under. A sign up sheet will be available in Rhoades starting Monday, March 19. If you are planning on coming and bringing children, please sign up in advance. ALO will be organizing the Easter Egg Hunt. We will be looking forward to seeing you at this event. Come and join us for fun. And the Easter Bunny will be there!!!

The Venango Campus Business Club will be visiting the Job Service Office in Oil City on Wednesday, March 21. Any present members or students wishing to join the Business Club are urged to attend. If interested, please be at Rhoades Center by 9:30 am. Also, don't forget to attend the next meeting on Wednesday, March 28 at 11:30 am in Rhoades.

VENANGO CAMPUS BULLETIN

MAR 26 1990

EDITED BY: **DIANE BECKER**
 PUBLISHED BY THE STUDENTS AND FACULTY
 VOL. II NO. 10 MARCH 26, 1990



Easter Egg Hunt

The Easter Egg Hunt is open to all students' families, including children that are cousins, nieces, and nephews. The age group of children will be limited to 12 years old and under. A sign up sheet is in Rhoades at the Desk. If you plan on coming and bringing children, please sign up in advance. ALO is organizing this event. We look forward to seeing you there. And so does the Easter Bunny, who will be present!!!!



Summer Jobs at 4-H Camp

The 4-H Camp Shehaqua, located in the Poconos, is looking to fill 4 summer job positions. The positions are: Head Cook, Assistant Cook, Chore Person, and Lifeguard/Recreation Director. The application deadline is March 28. For a job description and/or an application, stop by the Career Lab in room 211 Montgomery.

Wanted: A Ride

A Venango Campus student is looking for someone to share rides back and forth to Clarion campus. Days and times of classes are: Mon & Wed 3:30pm - 4:45pm. If you are interested in sharing gas expenses and driving time, please call 676-5706.

Human Services Positions Offered

Counseling and Care Services, Inc., a progressive and rapidly expanding child welfare agency, is seeking committed, career-minded professionals for several levels in a variety of positions throughout the state of Pennsylvania. Positions open include: Case managers, Supervisors, Administrators, and Recruiters. Competitive salaries, excellent benefits, and outstanding opportunities for professional advancement. Life experienced, valued and retired people welcome. Interviews will be held at the Holiday Inn in Harrisburg on March 30 from 2pm - 9pm and on March 31 from 1:30pm - 6pm or send a resume to Administration, Counseling & Care Services, Inc., 428 East Market St., Danville PA 17821. Telephone number is (717)275-1615. If you need more specific or detailed travel info, call the Holiday Inn at (717) 939-7841.



Bookstore News

The new spring line of clothing has arrived at the Bookstore. Come in and check out some of our new items. We now carry candy bars, chips, gum, and crackers at prices that can't be beat. Bookstore hours are:

Mon	10:30 am - 1 pm 4:30 pm - 6:30 pm
Tue	11:30 am - 1:30 pm 4:30 pm - 6:30 pm
Wed	4:30 pm - 6:30 pm
Thur	11 am - 1 pm



Peanut Butter Egg Demo

The Creative Artisans are planning a peanut butter egg-making demonstration for Tuesday, March 27, at 4:30pm in Rhoades. Peanut butter egg making will be demonstrated and everyone who participates can sample the goodies. Participants are also asked to bring something made with peanuts to share. The recipes for the goodies can be duplicated and shared if they are given to Tina Moon or Dr. Ritter prior to the demonstration.

Waterways Clean-Up Project Meeting

A meeting of the Waterways Clean-Up Project will be held March 21, 1990 at the Oil City YWCA at 7 pm. The purpose of the meeting will be to continue to lay groundwork for the June 23 "Waterways Clean-Up Project." At present interest has been expressed by the Boy Scouts, YWCA, Trout Unlimited, Hallstown Marine, Coon and Fox Club, VENANGO CAMPUS, and other numerous organizations. If you are interested, be at the YWCA at 7 pm for the meeting.

Faculty (full & part-time): If you don't already have your ID, get your picture for it soon so you can prove who you are!



Having a Candy Attack?

If you aren't getting your daily sugar intake due to a lack of junk food in your diet, contact a Nursing Club member. They are selling Dan Smith Candies for \$1 apiece. Choose from peanut butter, chocolate nut fudge, and coconut.

Tips from the Tutoring Office

by Linda Hawkins

Research indicates that when students *believe* they are in control of their own learning resources, they are more competent. Do you want to feel more confident about managing your study time or concentration? The learning lab extension of the Tutoring Office (210MH) has handouts on both of these topics. Also available is a new video program on "How to Manage Your Time." A visit to the lab could help you take that first step in taking control of your own learning!



Stress

Management

Ray Feroz is going to speak about managing stress on Thursday, March 29, from noon to 1:45 pm in Frame 118. Sign up for this informative workshop at the Rhoades Desk today.

Wanted:

Your Giant Eagle cash register tapes for a school project. Send or give them to Alta Landas in the Nursing Office in Montgomery until the end of April. Thank You!!

Creative Artisans Fieldtrip

The Creative Artisans are planning a field trip to handicraft stores in New Wilmington and Volant Mills on April 7. The number of students who can attend this field trip is limited to 13 so it will be required that everyone sign up prior to April 1. The sign up sheet will be at the Rhoades Desk.

Ready for a Friday Night Out?

Past years' members of Phi Theta Kappa, Venango Campus Honor Fraternity, are invited to attend this year's banquet for new inductees on Friday, March 30 at their own expense of \$12 per person. Please pay Mrs. Frances Weber in 225 Montgomery (and give her your choice of Chicken, steak, or fish) *before 4pm, Tuesday, March 27*. Welcome our new members and reunite with your fraternity friends!

Graduating students can now order caps and gowns at the Venango Campus Bookstore.



MAGIC SHOW ON CAMPUS

See the "Illusions of Stuart and Lori" in Rhoades Auditorium on Thursday, April 19 at 7:30pm. Watch in wonder as Stuart saws Lori in half, shoves swords through a wicker basket with Lori in it, and more!

Earn Credits Through CLEP Testing

The CLEP program offers students and non-students the opportunity to earn college credits by examination. Applications/brochures for the CLEP exams are available in Frame Office and at the Career Lab in 211 Montgomery. The CLEP test dates for Spring 1990 are:

Friday, April 20 at 9 am

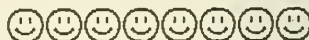
Friday, May 11 at 9 am

Tests are taken in room 113 Montgomery. Applications should be turned in two weeks before the date of the test. If you have questions regarding the CLEP testing program, please contact Dr. Kole at 676-6591 ext. 270.

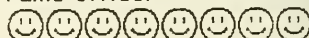


Having a Bad Day?

Are you having a bad day? Counseling is as close as the campus. The Counseling Office at 206 Montgomery is open the following hours:
Tues & Weds 10 am - 2 pm
Thursdays 5 pm - 9 pm
To make an appointment, call Venango Campus at 676-6591 ext. 278 or come to the Counseling Office. Appointments can also be made at the Administration Office in Frame. All counseling is free and strictly confidential.



For \$.25 you can have a Happy Ad appear in the Bulletin. The deadline is 2 pm on the Thursday before you want it printed. Give it to Diane Becker in room 211 Montgomery or put it in the Bulletin mailbox in the Frame Office.



Tutoring Available

Our tutors are available to help you in room 210 Montgomery. Just a reminder, their schedule is as follows:

Linda Hawkins, Tutor Supervisor; English Comp, Speech, Study Skills

Mon - Thur 10am - 3pm

****David Heath; Math, Biology, Education courses**

Wednesday 12:30 - 4:30pm

Friday 12:30 - 6:30pm

Connie Jablonski; Math, Accounting, English Comp.

Tues & Thur 9:30am - 2:30pm

Don Kellner; Math, Accounting, Computer Science

Tues & Thur 5pm - 8:30pm

Wednesday 5:30pm - 8:30pm

Eva Struthers; Chemistry, Math

Mon 11am - 5pm

Wed 1:30pm - 5:30pm

****Notice: David Heath's hours have changed. The hours listed above are the revised ones beginning March 26.**



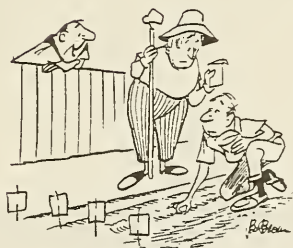
**Notice to all clubs,
organizations, and
interested persons:
The 1990-91 student
calendar is in the
process of being made.
Please submit IN
WRITING your activities
to Rosann Rookey by
April 20.**

Needed:

A student representative for the faculty senate subcommittee. This committee deals with policies for our campus. The faculty representative then meets with the Clarion committee to express the needs of Venango Campus. If you want to ensure that the students are being heard, be the representative!!

Poetry Contest

The deadline for entering the American Poetry Association's contest is March 31. The contest is open to the public and entry is free. Prizes worth \$11,000 will be awarded to the best 152 poems. The grand prize is \$1,000, and the first prize \$500. Poets may send up to 6 poems, each no more than 20 lines, name and address on each page, to American Poetry Association, Dept. CO-40, 250-A Potrero St., P.O. Box 1803, Santa Cruz, CA 95061. Poems postmarked by March 31 are eligible to win. Each poem is also considered for publication in the *American Poetry Anthology*, a leading collection of contemporary verse. Every poet receives a copy of the "Poet's Guide to Getting Published," a 4-page booklet of useful information. In the last 8 years the association has run 36 contests and awarded \$180,000 in prizes to 3,300 winning poets. A new contest opens April 1.



"If you have good luck, nothing will grow and you won't have to worry about droughts and bugs."

**Are you interested in
going to Toronto?
For a nominal fee of
approximately \$20,
can go for a three
day, two night trip,
hotel &
transportation paid.
Fill out the form and
put it in the box at
the Rhoades Desk.**

Name: _____

Phone #: _____

**It's time for the North Western Extramurals
Sports Conference again!**

**On Saturday, April 7 at 10:30am at
Pitt-Titusville, Venango Campus will square
off against 3 other area campuses in these
sports:**

Pocket Billiards (coed team of 3)

Raquetball

Board Games (checkers, backgammon)

3 on 3 Coed Basketball

Ping Pong

Bowling

Also, 2 moderators/referees are needed.

**They can only participate in one of the
events as all events will be occurring at
approximately the same time.**

**Sign up sheet is at the Rhoades Desk. For
those who sign up, a practice is scheduled for
Saturday, March 31.**

**The Battle of the Bands
has been cancelled due to
lack of participating
bands.**

APR 2 1990

BULLETIN

EDITED BY: DIANE BECKER
 PUBLISHED BY THE STUDENTS AND FACULTY
 VOL. 11 NO. 11 APRIL 2, 1990



**Graduating students
 can now order caps
 and gowns at the
 Venango Campus
 Bookstore.**

Guest Speaker for CEC

On April 23, at 6:30pm, CEC is planning a guest speaker, Mr. Lou Grueka, who will be talking on the subject of Behavior Management Techniques. The title of his program is *Interrupting the Chain*. Watch the posters for the room and building. EVERYONE is welcome to attend. Refreshments will be provided at the discussion after the meeting.

The next CEC meeting will be on April 9 at 4 pm in Rhoades Center.



Having a Candy Attack?

If you aren't getting your daily sugar intake due to a lack of junk food in your diet, contact a Nursing Club member. They are selling Dan Smith Candies for \$1 apiece. Choose from peanut butter, chocolate nut fudge, and coconut.

Like to Hike?

The Sierra Club of northwest PA will hike the southern loop of Oil Creek State Park's trail system on Saturday, May 5. Come out and explore our lovely backyard outdoors while meeting new environmental friends from Venango and northern neighboring counties. The loop is about 6 miles, and moderately strenuous in some sections. The hike will progress at a casual pace from about 10 am until 1 pm, with a stop to eat whatever bag lunches and munchies participants choose to bring. Some folks may wish to hike the more leisurely bike trail along Oil Creek instead. If you are interested in enjoying the spring woods on May 5, get your name and phone number to Dr. Bill Belzer's mailbox in Frame Administration Office before April 20 so he can arrange car pools and get final details to Venango participants.



See Joan Jett in Concert!

Joan Jett is playing at the Tippin Gymnasium on the Clarion Campus on Saturday, April 7 at 8 pm. Brittany Fox is opening. Tickets are \$8 at the door for Venango Campus students who show their ID and get a slip of paper from Frame Administration Office stating that they are from Venango. All others (guests) must pay \$12 at the door. General admission seating.

MAGIC SHOW ON CAMPUS

See the "Illusions of Stuart and Lori" in Rhoades Auditorium on Thursday, April 19 at 7:30pm. Watch in wonder as Stuart saws Lori in half, shoves swords through a wicker basket with Lori in it, and more!



Wanted:

Your Giant Eagle cash register tapes for a school project. Send or give them to Alta Landas in the Nursing Office in Montgomery until the end of April. Thank You!!

Childish Game:
*One at which your
 child beats
 you.*



Having a Bad Day?

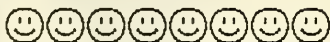
Are you having a bad day? Counseling is as close as the campus. The Counseling Office at 206 Montgomery is open the following hours:

Tues & Weds 10 am - 2 pm
Thursdays 5 pm - 9 pm
To make an appointment, call Venango Campus at 676-6591 ext. 278 or come to the Counseling Office. Appointments can also be made at the Administration Office in Frame. All counseling is free and strictly confidential.

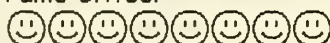
Earn Credits Through CLEP Testing

The CLEP program offers students and non-students the opportunity to earn college credits by examination. Applications/brochures for the CLEP exams are available in Frame Office and at the Career Lab in 211 Montgomery. The CLEP test dates for Spring 1990 are:

Friday, April 20 at 9 am
Friday, May 11 at 9 am
Tests are taken in room 113 Montgomery. Applications should be turned in two weeks before the date of the test. If you have questions regarding the CLEP testing program, please contact Dr. Kole at 676-6591 ext. 270.



For \$.25 you can have a Happy Ad appear in the Bulletin. The deadline is 2 pm on the Thursday before you want it printed. Give it to Diane Becker in room 211 Montgomery or put it in the Bulletin mailbox in the Frame Office.



Tornado Safety Areas

As we enter the season of sometimes "unpredictable weather", we are reminded of the possibility of Tornado Drills from the Venango County Emergency Management Agency. The week of April 2 is the Fifth Annual Weather Awareness Week for Pennsylvania. Safety areas for the campus buildings are as follows:

Frame - ground floor hallway, against back wall between rooms 112 - 108

Suhr - inside library, Tech. Proc. room

Rhoades - groundfloor, auditorium, along the walls

Montgomery - groundfloor hallway, between rooms 101 & 106

Patient: "Fifty dollars is a lot for pulling a tooth. It just takes a few minutes."
Dentist: "If you wish, I can pull very slowly."

Tips from the Tutoring Office

by Linda Hawkins

According to researchers, there is a clear relationship between study strategy and the quality of learning outcome. Increased comprehension, retention, application, and problem solving have been associated with a deep processing style. When studying a text, for example, deep processors try to penetrate to the intention of the author by comparing and contrasting ideas and critically analyzing relationships, rather than memorizing the text itself. If you would like to find out more about learning styles and strategies, contact the Tutoring Office at 676-6591 ext. 273 or stop by rooms 209 & 210 Montgomery.

Fifteen Reasons for Coming to Work

1. You are the ONLY one who knows everything about your job.
2. You will build credibility and job security.
3. You save personal days for a time when something important and unavoidable comes up.
4. Customers are depending on you to provide what they need and at the right time.
5. You can save your sick leave in case you get something serious.
6. You will be showing concern for people you work with.
7. If you save a day of vacation, you'll have enough days to go to Hawaii later on!
8. You'll be right in the vital game of business, making the organization, and the country stronger.
9. Reducing absence helps keep shipping costs down. Air freight isn't needed because orders are ready on time.
10. By helping to control costs, you build greater returns for employees and investors.
11. By building better returns for stockholders, you encourage them to invest more so we can buy equipment and facilities.
12. You will feel good about yourself because you are doing what's right.
13. You'll save a lot of people's time. They won't have to make out reports on your absence.
14. People who like you and want to see you won't be disappointed.
15. WE NEED YOU!!

Watch for Earth Day!

VENANGO CAMPUS BULLETIN

APR 9 1990

EDITED BY: DIANE BECKER
PUBLISHED BY THE STUDENTS AND FACULTY
VOL. 11 NO. 12 APRIL 9, 1990



Earth Day 1990

Venango Campus is hosting speakers, workshops, and displays in celebration of the 20th anniversary of Earth Day. From Tuesday, April 17 to Friday, April 20, seminars will be held in Rhoades Auditorium. The meeting places for activities on Saturday April 21 will be posted in Rhoades.

Schedule of Events

Tues 4-17 Attorney Scott Shreffler gives status report on the Federal Clean Air Act at 7:30pm.

Wed 4-18 At 7:30pm Len Hriber of the Game Commission talks of the endangered animals of PA & our responsibility to them.

Thur 4-19 At 7 pm, Darryl Frye of the 3 Sisters Bioshelter speaks on growing your own veggies instead of shopping for them.

Fri 4-20 Nick Kerlin of the Oil Creek State Park discusses gardening with wildlife at 7:30 pm.

Sat 4-21 10am Gypsy moth management in Venango by Peg McDougal

10 am Enjoying Outdoors with Preschool Children by Tina Moon

11 am *The Lorax* by CUP student

11 am Disposal of infectious wastes by O.C. Hospital
noon Future of recycling in Oil City by Mayor Howard Gierling

1 pm Artist's view of the environment by Jim Flahavan

1 pm Rainbow of nature activities for children in grades 4-6 by Mrs. Harry & colleagues.

2 pm Alternatives to grocery store meat by Rod Grant.

3 pm Gathering of friends for the environment for anyone interested in forming Audubon or Sierra Club groups locally.

If you have any questions, call Dr. Martha Ritter at 676-6591 or Nik Swoboda at 676-1035.

**Graduating students
can now order caps
and gowns at the
Venango Campus
Bookstore.**

Guest Speaker for CEC

On April 23, at 6:30pm, CEC is planning a guest speaker, Mr. Lou Grueka, who will be talking on the subject of Behavior Management Techniques. The title of his program is *Interrupting the Chain*. Watch the posters for the room and building. EVERYONE is welcome to attend. Refreshments will be provided at the discussion after the meeting.

The next CEC meeting will be on April 9 at 4 pm in Rhoades.

Having a Candy Attack?

If you aren't getting your daily sugar intake due to a lack of junk food in your diet, contact a Nursing Club member. They are selling Dan Smith Candies for \$1 apiece. Choose from peanut butter, chocolate nut fudge, and coconut.



Psych Club Speaker

The Clarion University Venango Campus Psychology Club is sponsoring the program *Type-A Behavior: Fact or Myth* on Tuesday, April 10 at 7 pm in Rhoades Auditorium. The guest speaker is Dr. Vernon Haynes from the Department of Psychology at Youngstown State University. Dr. Haynes has done extensive research in the area of Type-A behavior in adults and children.

Pre-Registration List

The pre-registration priority list has been posted outside room 212 Frame. Please consult the list for your pre-registration date. Remember, you MUST see your advisor BEFORE you can register. Also, keep in mind that there are very few faculty members on campus on Fridays! No schedules will be accepted without an advisor's signature.

NOTICE TO ALL CLUBS, ORGANIZATIONS, AND INTERESTED PERSONS:

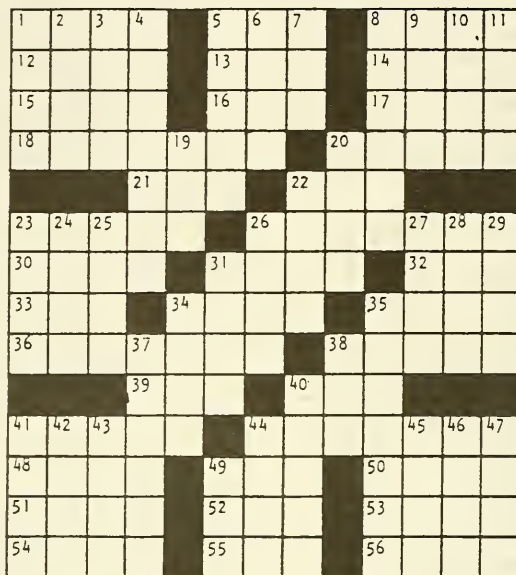
The 1990-91 activities calendar is in the process of being scheduled. Please submit in writing activities you want scheduled by April 20. Give to Mrs. Rookey in MH 213.

Forward March!

Hidden in the puzzle are events, and terms associated with March. The ten letters left over spell what we waited for all winter — SPRINGTIME!

WINDYAWNEDRAG
ESDRAWESTDIGS
TLRIDAFFODILS
AECBSTAGSRCWP
BEVYKESREWOLF
LPRNCRIESLMWN
EYGNIIIDEPOMRX
SUNURHBNOVOOB
HOUSTONSRENBE
GHCRAMSEDIWIN
TNALPEYEUSENI
YEIDTTSQCEAST
KOALNIESAILPO
SOJUILTNTNTRJ
TMONAAORBNHIU
RBUNSENAEUDNA
EERPILUTRBAGR
EELOOHCSTRAYSE
VIOLETCRANESZ

BAG	PEST
BENITO JUAREZ	PLAN
(Day, Mexico)	PLOWS
BERRY	RAYS
BEVY	ROBIN
BICYCLE	ROSE
BIRD	ROW
BOUNTY	RUN
BUNNIES	SAIL
BUNSEN (Burner	SAINT PATRICK'S
Day)	DAY
CANBERRA (Day,	SCHOOL
Australia)	SEWARD'S (Day, U.S.)
CHINOOK	SKY
COMMONWEALTH	SLEEPY
DAY (Canada)	SOIL
CRANES	SPRING
DAFFODILS	STAG
DEER	STARTS
DIGS	SUN
DROPS (of rain)	SUNNY
DOGS	TABLES (picnic)
DRAG	TENT
EARTH	TREE
EAST (wind)	TOAD
FLOWERS	TULIP
GARDEN	VERNAL EQUINOX
GREENS	VIOLET
HOME	WATER
HOUSTON (Sam,	WEST (wind)
Day, U.S.)	WET
IDES (of) MARCH	WIN
JOY	WINDY
LOVE	WOLF
NAILING	YAWN



Spring Day Crossword

ACROSS

1. Soviet sea
5. Maine harbor
8. Peruvian city
12. Big book
13. Years of life
14. Persian poet
15. Portent
16. Decay
17. Dessert
18. Repairing
20. Domesticates
21. Diminutive suffixes
22. Irishman
23. Worship
26. Photographic devices
30. Southern state (abbr.)
31. Brenner —
32. Mr. Baba
33. Every one
34. Confined
35. Region
36. Most retarded
38. Revoke legally
39. Superlative suffix
40. Sunshine State (abbr.)

DOWN

41. Egyptian city
44. Marionettes
48. Monster
49. Legal matters
50. Fatigue
51. King of beasts
52. Exist
53. Pennsylvania city
54. Negative command
55. Mire
56. Short for deputies

22. Ago

23. Wine cups
24. Kind of pickle
25. Norwegian capital
26. Tilt
27. Unusual
28. Toward the sheltered side
29. Thailand
31. Nuisance
34. Mexican money
35. Changed
37. Negative contraction
38. Swiss mountain
40. United
41. Chilly
42. Exchange premium
43. Important mineral
44. South American country
45. Ireland
46. Journey
47. Observes
49. Sheep



VENANGO CAMPUS BULLETIN

APR 17 1990

EDITED BY: DIANE BECKER
PUBLISHED BY THE STUDENTS AND FACULTY
VOL. 11 NO. 13 APRIL 17, 1990



A special Student Senate meeting will be held on April 19 to discuss club budgets. Budgets will be voted on April 26. Anyone interested can come.

YWCA Real Estate Program

The YWCA will hold a program on Real Estate Investing on Monday, April 23 at 7 pm. Mr. William Daugherty from Daugherty Brothers Real Estate office, will give helpful tips for buying and selling a home and answers questions from the audience. Advance registration is required by calling the YWCA at 676-6528. This event is open to men and women. Deadline to sign up is April 20 by 5 pm.



Spring Dance

Tickets for the Tropical Paradise Spring Dinner/Dance go on sale Monday, April 9. Tickets cost \$6 each for a student and one guest. Faculty tickets are \$10 each. Deadline for ticket purchase is April 20. The dinner/dance is being held at the Inn at Franklin from 6 pm to 1 am. The band performing will be Lawyers, Guns, and Money.

Pre-Registration List

The pre-registration priority list has been posted outside room 212 Frame. Please consult the list for your pre-registration date. Remember, you **MUST** see your advisor **BEFORE** you can register. Also, keep in mind that there are very few faculty members on campus on Fridays! No schedules will be accepted without an advisor's signature.

The Snack Bar will NOT cash bills in denominations higher than \$10.

Graduating students can now order caps and gowns at the Venango Campus Bookstore. They must be ordered by April 25.

ALO Luncheon

The ALO will hold a luncheon on Friday, May 11 at 1:30 pm in the Colonial Restaurant on Route 62. The luncheon is open to ALL students, but **ONLY** students (no guests). You must carry at least 12 credits to attend. Sign up sheet will be at the Rhoades Desk until April 19. When you sign up you must show a valid student ID to the Rhoades Clerk,

**FINALS START
IN 2½ WEEKS!**



Guest Speaker for CEC

On April 26, at 6:30pm in Frame 116, CEC is planning a guest speaker, Mr. Lou Gruelka, who will be talking on the subject of Behavior Management Techniques. The title of his program is *Interrupting the Chain*. **EVERYONE** is welcome to attend. Refreshments will be provided at the discussion after the meeting.



MAGIC SHOW ON CAMPUS

See the "Illusions of Stuart and Lori" in Rhoades Auditorium on Thursday, April 19 at 7:30pm. Watch in wonder as Stuart saws Lori in half, shoves swords through a wicker basket with Lori in it, and more! Bring the family for a fun, FREE time!

Literacy Program

ALO is sponsoring a literacy program to be presented on Venango Campus. Leigh Bacha, the director of the Literacy Council of Venango County, is speaking on the problem of literacy in our area in Rhoades Auditorium at 7 pm on Thursday, April 26. Everyone is invited to attend.



Earth Day 1990

Venango Campus is hosting speakers, workshops, and displays in celebration of the 20th anniversary of Earth Day. From Tuesday, April 17 to Friday, April 20, seminars will be held in Rhoades Auditorium. The meeting places for activities on Saturday April 21 will be posted in Rhoades. Schedule of Events

Tues 4-17 Attorney Scott Shreffler gives status report on the Federal Clean Air Act at 7:30pm.

Wed 4-18 At 7:30pm Len Hriber of the Game Commission talks of the endangered animals of PA & our responsibility to them.

Thur 4-19 At 7 pm, Darryl Frye of the 3 Sisters Bioshelter speaks on growing your own veggies instead of shopping for them.

Fri 4-20 Nick Kerlin of the Oil Creek State Park discusses gardening with wildlife at 7:30 pm.

Sat 4-21 10am Gypsy moth management in Venango by Peg McDougal

10 am Enjoying Outdoors with Preschool Children by Tina Moon

11 am *The Lorax* by CUP student

11 am Disposal of infectious wastes by O.C. Hospital noon Future of recycling in Oil City by Mayor Howard Gierling

1pm Artist's view of the environment by Jim Flahavan

1 pm Rainbow of nature activities for children in grades 4-6 by Mrs. Harry & colleagues.

2 pm Alternatives to grocery store meat by Rod Grant.

3 pm Gathering of friends for the environment for anyone interested in forming Audubon or Sierra Club groups locally.

If you have any questions, call Dr. Martha Ritter at 676-6591 or Nik Swoboda at 676-1035.



Editor Needed for Fall Semester

The *Bulletin* needs an editor for the Fall '90 semester and beyond. The current editor is leaving after the end of the Spring semester and needs to train the future editor. The position of editor is a paid, Work-Study position. Contact Diane Becker in 211 Montgomery if interested.

No requests for change of advisor or change of status will be accepted in Frame during Pre-Registration (April 9 - 30). The only exceptions will be education majors.

Weaving with Creative Artisans

The Creative Artisans are weaving paper grocery bags into sturdy and aesthetic placemats on Tuesday, April 24 at 4:30 pm in Rhoades. Learn a simple and practical way to reuse these bags before they go to the recycling center. Contact Martha Ritter for more details.

NOTICE TO ALL CLUBS, ORGANIZATIONS, AND INTERESTED PERSONS:

The 1990-91 activities calendar is in the process of being scheduled. Please submit in writing activities you want scheduled by April 20. Give to Mrs. Rookey in MH 213.

Student Assistant Needed

Dr. Haynes is looking for a student assistant for the Fall '90 semester and beyond. Must be eligible for Work-Study program and be able to type. Preference will be given to a Psychology major. If interested, please see Dr. Haynes for more information in 223 Montgomery.

Toronto Trip

Due to busing availability, the trip to Toronto has been moved from May 16 - 18 to May 15 - 17 (Tuesday, Wednesday, & Thursday). The cost is still \$20 per student and \$30 per guest. The deadline for signing up is May 1. You will stay at the Hotel Ibis, located in beautiful downtown Toronto and within walking distance of many fabulous sights, sounds, and activities. Eaton Center, the largest shopping center in Canada, is only two blocks away. Available will be a list of places you might find of interest. A trip to the zoo and the Ontario Science Museum can be arranged if there are enough interested people. There will be 2 persons per room. Everyone is responsible for their own entertainment and food (all meals). Maximum of 47 people can sign up. Busing is conditional on number of people signed up.

Welcome to the Job Market

Dressing for a Successful Interview
Casual campus dressing ends as you begin to interview for that first job. As a prospective employee, it is important that you dress appropriately for the interview. If you are unsure of how to dress, look at employer brochures or visit the worksite to observe the way your future boss and other top level executives dress. Although there are organizations where the dress code is informal, the safest bet is to dress on the conservative side for the interview. You can't go wrong if you review the following suggestions for clothing and accessories.

Wardrobe For Men
Suits: navy of gray in solid or pinstripe
Dress shirts: white with a plain pointed collar is preferred
Ties: muted in solid or neat patterns in contrast to suit
Socks: over the calf length is preferred
Belts: one inch wide in black or brown
Shoes: no tennis shoes

Wardrobe For Women
Dresses: dark colors to wear with or without blazers; no sensual or sexual dresses
Blouses: whites and pastel colors
Skirts: straight or pleated, but no high slits
Shoes: low to medium heels in black, brown or navy
Accessories: small, stud earrings (no hoops); one ring per hand with no bracelets that dangle; and no strong perfumes.

**Congratulations to
Jim Wolf of
Emlenton, PA,
winner of \$192.50 in
the CEC raffle.**

**Happiness is having your
pre-registration form
signed by your advisor
BEFORE your
pre-registration date.**

Recycling Drive

Clarion is conducting a voluntary paper recycling drive. The following kinds of paper is accepted at the Frame Office: old notebooks, clean paper, computer paper, colored paper, white copy, letterhead, office stationery, carbon paper, envelopes, file folders, and tablet paper.

Letter to the Editor

I would like to thank everyone who helped with the Easter Egg Hunt. The event was very successful. We had 80 + children show up. Due to the cooperation of everyone involved, we had very happy children on campus that day. I would like to thank all of the parents and students who brought their family members. Because of you, the event was a success. Special thanks go to the following people: Shirley Rice, Marybeth White, Vonda Ruditis, Kathy Ray, Ralph Motter, Connie & Jay Jablonski, Dianna McCauley, Beth McConnell, Bill Dolan, Cindy Ryczko, and the Easter Bunny (Deb Strauser). The Easter Egg Hunt would not have been great without all of your help. THANK YOU!

*Sincerely,
Daisy Myers
ALO President*

PS. Thank you, Dr. Belzer, for being responsible for the keys and letting us into Rhoades Center.

Psych Club Meeting

Psychology Club is meeting on Thursday, April 19 at 11 am in Rhoades.

Assertiveness Training Program

On Thursday, April 19, Sheila Wilkinson will be discussing how to train yourself to be assertive. Be in 118 Frame at noon to learn this valuable skill.

new dean selected

**Dr. James W. Blake
of Marshalltown,
Iowa has been
chosen as the new
executive dean of
Venango Campus. He
and his family are
anxious to start their
new adventures in
Oil City. You can see
Dr. Blake's friendly
face around the 15th
of May. Wish him
success.**



"I wonder what klutz picked
this location!"



Heart Smart Word Search

GETFITITYRETRAS
BESWESICREXEE
THTCONTROLLEE
HAOARRHRHBITR
GCPHCSGLASMTU
IHSSTHITWIIAS
EIMRLAEMAOTFS
WCOLHGWCLMFE
RKKOETNKKMAOR
EEIVISESXUTLP
VNNEGEVILIPED
OUGNHWORDDMAO
RNOITAREDOMRO
ASCIBOREASRN
TCHOLESTEROLB

AEROBICS	LIVE
ARTERY	LOW-FAT
BLOOD	MEAL
PRESSURE	MIX
CHECKUP	MODERATION
CHICKEN	OVEN
CHOLESTEROL	OVERWEIGHT
CONTROL	RISK
(anger)	ROW
DIET	RUN
EXERCISE	SODIUM
FISH	SONGS
FOWL	STOP SMOK-
GET FIT	ING
GET A	STROKE
CHECKUP	TRAIT
GROW (in	VEGETABLES
knowledge)	WEIGHT
HEIGHT	WALK
LEARN	WISH
LIMIT FAT	WORD (got it?)

Note: Left-over letters spell out the puzzle's message. Can you find them?

Cryptogram answer:
THE BEST GIFT FOR SOMEONE
YOU LOVE IS YOU. LOOK OUT
FOR HAZARDS AND STAY SAFE.

CYNIC'S CORNER

The quickest way to double your money is to fold it in half and put it back in your pocket.

It's a mistake to allow any mechanical object to realize you're in a hurry.

It's better to be over the hill than under it.

Count yourself lucky if you can breathe in and out anytime you want.

No theory is so elegant that it can't be screwed up in practice.

Prediction is a tricky business, particularly when you're dealing with the future.

Everyone is a damn fool for at least five minutes a day. Wisdom consists of not exceeding that limit.

If you think you can or can't, you're right.

**WELCOME BACK
TO ALL. GOOD
LUCK WITH YOUR
EXAMS.
REMEMBER THE
SEMSTER ENDS
IN LESS THAN
ONE MONTH.
START THINKING
ABOUT YOUR
GARDENS!**

You CAN stop smoking ... without gaining weight

It's true. But if you want to kick the habit without gaining weight, the key to success is ... strategy.

- Start now to plan healthful, lower-calorie meals. Say "goodbye" to the days you opened the refrigerator and made a meal of whatever was there. Make a shopping list that includes fresh vegetables for snacks, and be ready for the week ahead.

- Get that exercise program going. It's easy to burn a thousand calories or more each week, and be healthier for having done it whether you ultimately quit or not.

- Avoid diet-busting situations, like a coffee break where cake will be served. Take a walk or do an errand instead.

- Stay busy so boredom doesn't drive you to food. Plan activities that don't include dinner. A movie, walking through the shopping mall, or going for a swim will keep you away from both cigarettes and snacks.

- Smoking increases the metabolism, resulting in an extra calorie burn of about 100 calories per day. Though this would add up to a weight gain of just over one pound per month, many ex-smokers gain much more because they replace cigarettes with food. If you have to resort to eating to still a nicotine craving, try fresh vegetables or diet candy.

- Without smoking in your life, you will feel better than you have for years. With more energy at your disposal, you can participate in more physical activities.

About 36 percent of deaths attributed to smoking are linked to heart and blood vessel diseases. But when a smoker quits, the risk of heart disease declines rapidly.

Stop smoking! Plan ahead so you don't gain weight, but remember this: You would have to gain 75 pounds to offset the health benefits a normal smoker gains by quitting.

VENANGO CAMPUS

BULLETIN

APR 20 1990

EDITED BY: DIANE BECKER

PUBLISHED BY THE STUDENTS AND FACULTY

VOL. 11 NO. 14

APRIL 23, 1990



Weaving with Creative Artisans

The Creative Artisans are weaving paper grocery bags into sturdy and aesthetic placemats on Tuesday, April 24 at 4:30 pm in Rhoades. Learn a simple and practical way to reuse these bags before they go to the recycling center. Contact Martha Ritter for more details.

Editor Needed for Fall Semester

The *Bulletin* needs an editor for the Fall '90 semester and beyond. The current editor is leaving after the end of the Spring semester and needs to train the future editor. The position of editor is a paid, Work-Study position. Contact Diane Becker in 211 Montgomery if interested.

YWCA Real Estate Program

The YWCA will hold a program on Real Estate investing on Monday, April 23 at 7 pm. Mr. William Daugherty from Daugherty Brothers Real Estate office, will give helpful tips for buying and selling a home and answers questions from the audience. Advance registration is required by calling the YWCA at 676-6528. This event is open to men and women. Deadline to sign up was April 20 by 5 pm.

Literacy Program

ALO is sponsoring a literacy program entitled WE ARE LEARNING -THEY ARE LEARNING to be presented on Venango Campus. Leigh Backa, the director of the Literacy Council of Venango County, is speaking on the problem of literacy in our area in Rhoades Auditorium from 7 - 8 pm on Thursday, April 26. Everyone is invited to attend.

Clothing Sale!

The Campus Bookstore is having a fantastic sale on clothing. BUY ANY 2 CLOTHING ITEMS AND GET THE THIRD FREE! There will be no rain-checks or layaways however, so get there today to get the best selection. Sale ends April 30.



Spring Dance

Tickets for the Tropical Paradise Spring Dinner/Dance are on sale now. Tickets cost \$6 each for a student and one guest. Faculty tickets are \$10 each. Deadline for ticket purchase was April 20. The dinner/dance is being held at the inn at Franklin from 6 pm to 1 am. The band performing will be Lawyers, Guns, and Money.



speaker for CEC

On April 26, at 6:30pm in Frame 116, CEC is planning a guest speaker, Mr. Lou Grueka, who will be talking on the subject of Behavior Management Techniques. The title of his program is *Interrupting the Chain*. EVERYONE is welcome to attend. Refreshments will be provided at the discussion after the meeting.

Toronto Trip

Due to busing availability, the trip to Toronto has been moved from May 16 - 18 to May 15 - 17 (Tuesday, Wednesday, & Thursday). The cost is still \$20 per student and \$30 per guest. The deadline for signing up is May 1. You will stay at the Hotel Ibis, located in beautiful downtown Toronto and within walking distance of many fabulous sights, sounds, and activities. Eaton Center, the largest shopping center in Canada, is only two blocks away. Available will be a list of places you might find of interest. A trip to the zoo and the Ontario Science Museum can be arranged if there are enough interested people. There will be 2 persons per room. Everyone is responsible for their own entertainment and food (all meals). Maximum of 47 people can sign up. Busing is conditional on number of people signed up.

Graduating students can now order caps and gowns at the Venango Campus Bookstore. They must be ordered by April 25.

Student Assistant Needed

Dr. Haynes is looking for a student assistant for the Fall '90 semester and beyond. Must be eligible for Work-Study program and be able to type. Preference will be given to a Psychology major. If interested, please see Dr. Haynes for more information in 223 Montgomery.

No requests for change of advisor or change of status will be accepted in Frame during Pre-Registration (April 9 - 30). The only exceptions will be education majors.

Recycling Drive

Clarion is conducting a voluntary paper recycling drive. The following kinds of paper is accepted at the Frame Office: old notebooks, clean paper, computer paper, colored paper, white copy, letterhead, office stationary, carbon paper, envelopes, file folders, and tablet paper.

STEAK FRY

On Wednesday, May 2, Venango Campus is hosting their semi-annual Steak Fry at Rhoades. From 4pm - 7pm grills will be set up for you to cook your steak to your own taste. The cost is \$2 per steak.

Graduation Honors

As graduation approaches, students may begin to speculate which honor cord they may be wearing. Honors are calculated from your GPA as of the semester previous to the one in which you graduate (Fall '89 for you May grads).

Cord:	GPA:	Honor:
White	3.4 - 3.59	Cum Laude
Blue	3.6 - 3.79	Magna Cum Laude
Gold	3.8 - 4.0	Summa Cum Laude

How to get along well with the boss

No matter what your job you have a boss who affects your days, your nights, and your future. To get along better with the person you report to, try these techniques given in the book *How to Manage Your Boss* by George Berkley.

* Listen. Hear both what is said and what is implied.

* Be concise. Get to the subject when you talk or write a memo.

* Be diplomatic. If you don't agree with your boss's plan, don't reject it. Offer options.

* Be positive. Forget the words "problem, crisis, disaster, setback". Instead, talk about challenges. Say good things about people you work with instead of knocking them.

* Be early. It shows you're fresh and enthusiastic. If you work late instead, it looks like you can't get your work done.

* Keep promises. If you find that one can't be kept, say so immediately instead of waiting.

* Study your boss. Know his or her background, company history, goals, likes, and dislikes.

* Don't get too close. A close friendship can cause problems. The best thing you can do is just do your job well.

food for finals

ALO will provide food in Rhoades center during the week of finals, May 7-10. On Monday and Tuesday,

veggies, fruit and donuts to satisfy your cravings. On Wednesday and Thursday fruit and donuts. Stop by and have a snack on us! From all the officers and members of ALO we would like to wish you Good Luck on your finals.

Daisy Myers
ALO President



HORSEBACK RIDING

Sign ups are this week in Rhoades for horseback riding on April 29th, Sunday. Two rides are scheduled from 11-1 and 2-4. Must arrive 30 minutes prior to riding to fill out paperwork.

Provost Search

This week begins the search for Provost of Clarion University. The Provost is also the Vice president of academic affairs and is in charge of the University in the Presidents absence. ON

Tuesday April 24 and Thursday April 26 two of the candidates will be on campus. Any student, staff or faculty member is welcome at the interviews, which will occur from 10:15 to 11 in Frame 112. Come and meet Dr. Robert Minter from The University of Michigan-Dearborn on Tuesday and Dr. Samuel Pearson from Southern Illinois University-Edwardsville on Thursday.

VENANGO CAMPUS

BULLETIN

APR 30 1990

EDITED BY: DIANE BECKER
 PUBLISHED BY THE STUDENTS AND FACULTY
 VOL. 11 NO. 15 APRIL 30, 1990

Recycling Drive

Clarion is conducting a voluntary paper recycling drive. The following kinds of paper is accepted at the Frame Office: old notebooks, clean paper, computer paper, colored paper, white copy, letterhead, office stationary, carbon paper, envelopes, file folders, and tablet paper. DO NOT DEPOSIT: newspaper, Kleenex, catalogs, magazines, food wrappings, cardboard, slick coated paper, cups, or plastic.

Waterways Cleanup Project

Volunteers are needed to help clean up the creek that empties into the West End Pond. The clean up will take place on June 23. This is just one of the many areas that need attention in the Venango County area. For more information, contact Lenise Thomeier at 676-8287.

Food for Finals by ALO

ALO is providing refreshments in Rhoades Center during Finals Week (May 7 - 10). On Monday and Tuesday, there will be vegetable trays, fruit, and donuts. On Wednesday and Thursday, only fruit and donuts will be provided. Stop by and refresh yourself with ALO! From all the officers and members of ALO, we would like to wish you good luck on your finals!



Clothing Sale!

The Campus Bookstore is having a fantastic sale on clothing. BUY ANY 2 CLOTHING ITEMS AND GET THE THIRD FREE! There will be no rain-checks or layaways however, so get there today to get the best selection. Sale ends April 30.

Jostens Ring Company will be at the Bookstore on Tuesday, May 1 from 4 - 6 pm for those wishing to order class rings.

STEAK FRY

On Wednesday, May 2, Venango Campus is hosting their semi-annual Steak Fry at Rhoades. From 4pm - 7pm grills will be set up for you to cook your steak to your own taste. The cost is \$2 per steak.

Student Assistant Needed

Dr. Haynes is looking for a student assistant for the Fall '90 semester and beyond. Must be eligible for Work-Study program and be able to type. Preference will be given to a Psychology major. If interested, please see Dr. Haynes for more information in 223 Montgomery.

How to Live Through Finals

Know when & where the exam is given. You would be surprised at how many students miss their final because of some kind of mix up on scheduling. Plan your study time. If you only have a limited time to learn your subjects, use the time wisely by making a study chart allotting certain amounts of time to each subject. Break up your subjects. You can't concentrate on one subject for hours, so spend time with another subject, then return to the first one. Reward yourself. For every hour of REAL studying, give yourself a ten minute break. Be good to yourself. Eat well, dress well, sleep as much as possible; on your study breaks read a good book, listen to music, whatever you enjoy doing. Don't depend on study groups unless you & the others have already studied the material. Study what's important. Use the syllabus, earlier tests, and your impressions to decide what the instructor wants you to know for the course - that is what will be on the test. Ask yourself questions. Just reading & rereading will drive you nuts; make up questions as you go then put the book down & answer them. Study backwards. Start with the recent material and move back so you study the early stuff just before the test. Relax for the half hour before the test. Talk to a friend, eat a sundae, go for a walk, whatever relaxes you.



Women's Workshop Not Only For Women

On Monday, April 30, in Still Hall's Carter Auditorium, the Women's Studies "Think Tank" will be presented. Dr. Marguerite VanLandingham of CUP's Finance Department will talk of "Instituting a Minor"; Dr. Maureen McHugh, the Director of Women's Studies at Indiana University, will speak on "Women's Studies in the 1990's: Promises & Pitfalls"; and Dr. Beverly Goodwin of the Department of Psychology of Indiana University will discuss "African-American Women & Women's Studies: Courses, Texts, & Research." Your suggestions and questions will be welcomed.

Letters to the Editor

A BIG THANKS to all those people who helped with the Venango Campus Earth Day program last week. Ron Schlect & Rosann Rookey helped us provide a nice physical environment for our guests, while ALO, Psychology Club, Business Club, and Outdoor Club provided for our creature comforts with great healthy cuisine. We appreciate the support of the faculty members who attended various activities, & special acknowledgement goes to Chris Buchan & Nik Swoboda for their major role in the organization of the entire program. You all did a nice job in encouraging our friends and neighbors to become better acquainted with their Mother, Earth.

- Martha Ritter

Your continued support in the recycling program is greatly appreciated. Now that Earth Day has made people aware, your further support and cooperation is needed. Please use the recycling boxes and help the environment!

- Carl Larson

Creative Artisans Party

The Creative Artisans are planning an end of the semester party for May 19 at 4 pm at the home of Shirley Rice. Anyone interested in attending should bring a covered dish. Directions can be obtained from Shirley or Dr. Ritter. Afterwards, Shirley will demonstrate how to make wreaths from a new design found during the recent trip to Volant Mills.

Tour of Franklin Regional Medical Center

The Business Club will be touring the Franklin Regional Medical Center business offices on May 2. The tour will leave the campus by 9:30 am and be back by 12:30 pm. All students are invited to attend.

TIPS FROM THE TUTORING OFFICE

By Linda Hawkins

LOOKING AHEAD TO SOME LONG STUDY SESSIONS FOR FINALS? It is important to alternate study sessions with breaks. Using the method of spaced study, you set study goals through time (e.g. 1 hour) or task limits (e.g. 1 chapter). After reaching these goals, you allow yourself a short amount of free time -- for taking a walk, having a snack, etc. Spaced study works because the combination of creating deadlines of time or task limits and giving yourself a reward motivates you to complete your studying. Also, because your working memory has limited capacity, breaks provide time for information to be absorbed. The Tutoring Office has a number of books and pamphlets on effective studying available for student use. Stop by room 209 Montgomery and check them out.

Psych Club meeting on Tuesday May 1 at 11am is VERY important. Be in Rhoades to VOTE ON 90-91 OFFICERS!

New Info on the Toronto Trip

The Toronto trip is scheduled for May 15 - 17 (Tuesday, Wednesday, & Thursday). The bus will depart at 6:45 am, with boarding at 6:30 am. Coffee and donuts will be provided for early arrivals. Participants need a proof of citizenship (e.g. driver's license, voter registration, passport, birth certificate, etc.). If you have a roommate preference, contact Rosann Rookey immediately. All people under the age of 21 must share a room with a member of the same sex unless married. The cost is \$20 per student and \$30 per guest. The deadline for signing up is May 1. You will stay at the Hotel Ibis, located in beautiful downtown Toronto. Eaton Center, the largest shopping center in Canada, is only two blocks away. Available will be a list of places you might find of interest. A trip to the zoo and the Ontario Science Museum has been arranged for interested people. There will be 2 persons per room. Everyone is responsible for their own entertainment and food (all meals). Maximum of 47 people can sign up. Busing is conditional on number of people signed up.

If you can't seem to get a yearbook in Rhoades, try the Frame Office.

Bookstore Committee Members Needed

An Advisory Board is needed for the Venango Campus Bookstore. Members will meet with the manager from Main Campus to go over ideas, info, and problems with our bookstore.

Graduation Honors

If you are wondering what color of honor cord you may be wearing, the following is the way to find out (based on your cumulative QPA up to Fall 89):

CORD:	QPA:	HONOR:
White	3.4 - 3.59	Cum Laude
Blue	3.6 - 3.79	Magna Cum Laude
Gold	3.8 - 4.0	Summa Cum Laude



Memories of a Man Who Never Existed

Memories of a Man Who Never Existed will be performed at 8 pm on Thursday, May 3 in Rhoades Auditorium. Written by a student at the campus, it will be performed by John Thompson and Bonnie Reinhart.



Driving Complaint Lodged

Due to the fact that there are many pre-school and school children living around Venango Campus, we are asking students to PLEASE drive slowly when entering or exiting the campus driveway. We don't want an accident occurring that could have been prevented.

Commencement Practice

Commencement practice is scheduled for noon on Friday, May 11. Please attend if you are graduating this semester.

Graduation Tickets Limited

Graduation is scheduled to be held outside, in which case there is no limit on guests attending. However, in the event that it rains, tickets are needed to attend the commencement which will be held in the Rhoades Gym. Each student is allotted 7 tickets apiece. They will be available in Frame Office beginning Monday, May 7.

Pizza Break!

Tuesday, May 8

11 am - 1 pm

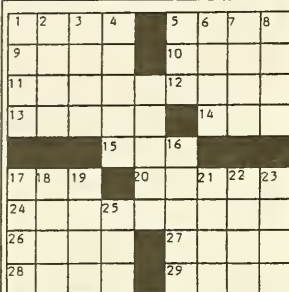
in Rhoades Center.

Free pizza, pop, & movies!!!

Sponsored by the Psych Club!

June Scene Word Search

Hidden in the puzzle grid are all sorts of things you can expect to see, hear, or feel during June.



June Crossword

ACROSS

1. June 17th honorees
5. Day [June 14th]
9. Medicinal plant
10. Uncommon
11. June events
13. Hidden obstacles
14. Had a seat
15. Shade tree
17. Beard of grain
20. Diner patron
24. June gem
26. Greek letter
27. School in England
28. June 6th: hyph. wd.
29. June flower

DOWN

1. Water barriers
2. Actor Alda
3. Mrs. Copperfield
4. Twilled fabric
5. Monk's title
6. Falls behind
7. Zone
8. Exploit
12. Small land masses
16. Mother (Latin)
17. In the middle of
18. Product of trees
19. Not (Latin)
21. Dorothy's dog
22. Man's name
23. French girl's name
25. A negative vote

C S E V E E L S T R I H S
R O A R T A U T O S H O W
E F N A M E S E E G E R Y
A T O V T S A F D M D S R
M B M A E T R E E A L E R
F A T H E R S S T A R R E
O L R E G A T T A S T A B
L L A W E D D I N G R C P
K G I G A T R V B A O I Y
D O N U F S E A A L S N N
A L E A H T S L R A E G N
N F R O A S T S E L A S U
C C W L T E N I H S N U S
E B A S E B A L L O O N S

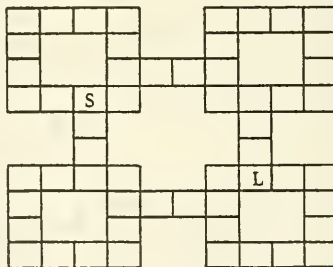
AIR SHOW
ANTS
ALE
ART
AUTO SHOW
BALLOONS
BARE (arms)
BASEBALL
BASS
BATS
BERRY
BOAT
CONVERTIBLES
CRAFT (show)
(Ice) CREAM
DARTS (lawn)
FATHER'S (Day)
FESTIVALS
FOLK DANCE
FLAG (Day)
FUN
GALA
GEAR
GEESE
GOLF
HORSE RACING
PARADE
RAIN
ROASTS (wiener)
REGATTAS
RIDE
ROSE
SALES
SEA
SHIRT SLEEVES
SLO (pitch)
SOFTBALL
STAR
SUNNY (day)
SUNSHINE
TAG
TEAM
TRAINER
TREE
WEDDING

'Just Fours' Word Game

Here's a break-time puzzler you won't need a dictionary to solve. Just fill in the

diagram with the words from the list. (We've given you two letters so you can finish in time.)

ALPS FOLD
ARID IDOL
BARE LAMP
BEAR LOPE
DEAR MINK
DESK PEAR
DONE RODE
EASE SALE
EVER SHIP
FARM VEER



MAY - 7 1990

VENANGO CAMPUS BULLETIN

EDITED BY: DIANE BECKER
PUBLISHED BY THE STUDENTS AND FACULTY
VOL. 11 NO. 16 **MAY 7, 1990**

Job Search Workshop

The YWCA will hold a Job Search Workshop on May 21, at 7 pm. This workshop is open to men & women who are seeking employment, changing jobs, or returning to the work force and will include creating a selling resume and what to expect on a job interview. This program is presented by the Venango County Job Center and advance registration is required by calling the YWCA at 878-8528.

Tutoring Positions Available for 90-91

Applications are being accepted for student tutor positions for the 90-91 academic year. In order to qualify for a 10 hour per week tutoring job, students must have at least a 3.0 GPA in the subject(s) they wish to tutor and an overall GPA not lower than 2.5. Application forms are available in room 209 Montgomery. For more information, phone Tutor Supervisor Linda Hawkins at 878-8591 ext. 273. Tutoring is a great way to help others and gain valuable experience for inclusion in your resume!!

Commencement Practice

Commencement practice is scheduled for noon on Friday, May 11. Please attend if you are graduating this semester.

PHSC111 hours for the 1st summer session have changed to 8:30am - 10:55am on June 11 - July 6.

Good luck on finals and have a good summer vacation!



Recycling Drive

Clarion is conducting a voluntary paper recycling drive. The following kinds of paper is accepted at the Frame Office: old notebooks, clean paper, computer paper, colored paper, white copy, letterhead, office stationery, carbon paper, envelopes, file folders, and tablet paper. **DO NOT DEPOSIT:** newspaper, Kleenex, catalogs, magazines, food wrappings, cardboard, slick coated paper, cups, or plastic.

Food for Finals by ALO

ALO is providing refreshments in Rhoades Center during Finals Week (May 7 - 10). On Monday and Tuesday, there will be vegetable trays, fruit, and donuts. On Wednesday and Thursday, only fruit and donuts will be provided. Stop by and refresh yourself with ALO! From all the officers and members of ALO, we would like to wish you good luck on your finals!

Graduation Tickets Limited

Graduation is scheduled to be held outside, in which case there is no limit on guests attending. However, in the event that it rains, tickets are needed to attend the commencement which will be held in the Rhoades Gym. Tickets are available beginning Monday, May 7 after 1 pm. You can receive the number of tickets you requested when you filled out the commencement reply letter.

Waterways Cleanup Project

Volunteers are needed to help clean up the creek that empties into the West End Pond. The clean up will take place on June 23. This is just one of the many areas that need attention in the Venango County area. For more information, contact Lenise Thomeier at 676-8287.



The official dedication of the Venango Campus sculpture will be held on May 9 at 7:15pm at the new home of the sculpture. All are invited to attend.



Creative Artisans Party

The Creative Artisans are planning an end of the semester party for May 19 at 4 pm at the home of Shirley Rice. Anyone interested in attending should bring a covered dish. Directions can be obtained from Shirley or Dr. Ritter. Afterwards, Shirley will demonstrate how to make wreaths from a new design found during the recent trip to Volant Mills.

End of Semester Library Hours

The Suhr Library hours for the end of the 90 Spring semester are as follows:

May 12 - June 10 8am - 4pm
Closed weekends & Memorial Day.

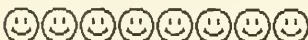
TIPS FROM THE TUTORING OFFICE

By Linda Hawkins

Preparing for final exams? In order to prepare effectively for any test, you need to know what to expect from it. Your instructor is a prime source of information. He or she should be willing to answer your questions about test content (comprehensive? covering only certain material?) and format (objective questions? essay questions? or a combination?). Take the initiative to find out what's expected of you, and plan your study strategy accordingly. The Tutoring Office, rooms 209 and 210 Montgomery, will be open during finals week to assist students in preparing for their final exams.

Summer Jobs

The Bureau of State Parks is now accepting Civil Service applications for Lifeguards and a Lifeguard Supervisor for seasonal employment. Positions are available from May 28 - September 3. Hourly wage for Lifeguards is \$5.69/hour and the supervisor is \$6.54/hour. Candidates are required to possess current certifications in Advanced Lifesaving or Lifeguarding, CPR, and Standard First Aid. Supervisor candidates need a current WSI or Lifeguard Instructor's certification, CPR, and Standard First Aid. Contact the Moraine State Park Office at (412) 368-8811 for an application.



Happy Ads

A great BIG thank you to each and everyone who contributed their Giant Eagle register tapes to the school computer project. Your thoughtfulness is greatly appreciated.

Alta



Earth Day Awareness

by Ralph Motter

April 22 of this year, the world celebrated Earth Day. It is the one day during the year that people worldwide get together and work to raise the consciousness of the public to the environment around them. However, after the hoopla of the day is over, it seems that many people stick their head back in the sand and pretend that the world will go on forever. It is up to us who have become awakened to the problems to continually make others aware, not only on April 22, but every day. And it is also up to us, as individuals, to not only carry on the essence of Earth Day into our everyday lives, but to embrace it as our way of life.

Editorial

I have been editor of the Bulletin for three semesters now, and I have enjoyed it very much. I'm saddened by the fact that I'm leaving, but I'm comforted by the realization that some of the best memories I have involve my time here at Venango. I have made some great friends that I hope to stay in touch with after I leave. Thank you, Beth, for teaching me the ropes for the Bulletin. Ralph & Jay, I'll miss our conversations and all the good times we had in class, so keep in touch! Deb, it's been great working with you, & good luck with nursing. Julie, I wish you all the best with the Uniformed One. Scott & Amy, I wish you the best. Little Al, Solena, it's been fun. Betina (& Autumn), you'll be hearing from me. I'd like to thank the faculty for teaching me lots of interesting things about art, history, and life in general. To the staff everyone else, good luck & God bless.

-DB

Natural Recipes Good for Environment

from the Environmental Defense Fund, *Non-Toxic & Natural*, and *The Non-Toxic Home*, both by Debra Lynn Dadd, and published in USA TODAY

Tub & tile cleaner: Rub surface with half a lemon dipped in borax, & rinse and dry with a soft cloth. OR sprinkle baking soda on surface and scrub with damp sponge.

Toilet bowl cleaner: Sprinkle baking soda, drizzle with vinegar and scour with a toilet brush.

All purpose cleaner: Dissolve 4 tablespoons baking soda in one quart of water.

Window cleaner: Combine equal parts warm water & vinegar, and use soft cloth to dry.

Oven cleaner: Mix 2 tablespoons liquid soap (not detergent) and 2 teaspoons of borax with warm water in a spray bottle. Make sure soap and borax dissolve completely. Wear rubber gloves and goggles. Wait 20 seconds, then scrub with steel wool and non-chlorine scouring powder.

Silver polish: For silverware, put a sheet of aluminum foil in bottom of pan, add 2 or 3 inches of water, 1 teaspoon salt & 1 teaspoon baking soda. Bring to boil and add silver pieces, making sure water totally covers silver. Boil 2 or 3 minutes then remove and dry.

Furniture & floor polish: Apply mineral oil sparingly with a dry cloth.

Drain cleaner: Pour 1 handful of baking soda and 1/2 cup of white vinegar down the drainpipe and cover tightly for 1 minute. Rinse with hot water.

Insect repellants: To keep ants out of the house, sprinkle powdered red chili pepper, paprika, dried peppermint, or borax where the insects are entering. OR plant mint all around the outside of your house (ants don't like mint). To make your pet flea-free, place 4 cut lemons in a pan & cover with water, and bring to a boil. Simmer for 45 minutes, cool and strain liquid. Store in glass container. Apply liberally to animal's fur, brushing as you apply, so the citrus oil seeps down to the skin. Dry with bath towels and brush again. AND garlic not only keeps away the vampires, but the mosquitoes as well.

Pizza Break!!!

Tuesday, May 8

11 am - 1 pm

in Rhoades Center

Free pizza, pop, & movies!!

Sponsored by the Psych Club!

Letter to the Editor

With the year coming to a close, I would like to take this opportunity to thank those supporting students who gave both their time and energy to make this year a success. For all students that are interested in having a positive influence on student activities, I would encourage you to run for Student Senate in the Fall. To all fellow senators, I would especially like to congratulate you on this year's success and to thank you for all your support because I couldn't have done it without you. Best wishes to all who are graduating and good luck to all who are returning.

Thanks again,
Beth McConnell
Student Senate
President

Bookstore Committee Members Needed

An Advisory Board is needed for the Venango Campus Bookstore. Members will meet with the manager from Main Campus to go over ideas, info, and problems with our bookstore. See Rosann Rookey for more information.

Mandatory meeting for all who are going to Toronto. Be in Rhoades at 11 am on Friday, May 11 to discuss the trip.

All club budgets will be closed as of May 25. All outstanding bills must be turned in if they are to be paid and if the campus is to maintain our credit standing. Deposit the bills in Rosann Rookey's mailbox in Frame.

Congratulations to:

New 90 - 91 Psych Club Officers

President Connie Bauer

Vice President Dottie Dunmeyer

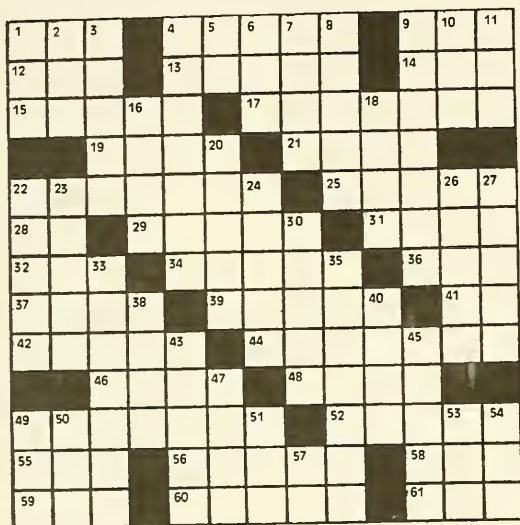
Secretary Barb McVay

Treasurer Chris Buchan

Thanks to everyone for a great start!

Beth Davidson

Out-going President



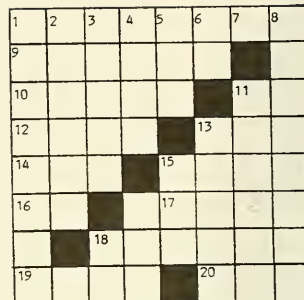
Breaktime Crossword

1. Oversize
4. Titles to property
9. Seat in a church
12. Highest card
13. Joint in the arm
14. A street (abbr.)
15. Paid for living spaces
17. Consecrated
19. Small children
21. Period of fasting
22. Abandons
25. Sounds horn
28. Opposite of off
29. Classifies
31. Unruly kid
32. Type of Indian
34. Folklore stories
36. Do it on snow
37. Made crooked
39. Looks secretly
41. 14th letter
42. Railroad cars

44. Crying
46. Red vegetable
48. Police incursion
49. Metal workers
52. Leg joints
55. Century
56. Drench
58. Noah's vehicle
59. Fishing device
60. Guide a car
61. Utter

DOWN

1. Where beer is sold
2. Frozen water
3. Men
4. Lay waste to
5. Elevated railway
6. --- and flow
7. Barbie or GI Joe
8. Sugary
9. Members of clergy
10. Adam's partner
11. To marry
16. Foot digits
18. Snooty person
20. Thong
22. Uncertainty
23. Penetrate
24. Scatter
26. Captured
27. Injury from a bee
30. Smile insultingly
33. Made possible
35. Person at the podium
38. Bound
40. Revolve rapidly
43. Requires
45. Creative thoughts
47. Kind of running
49. Big confrontation
50. Self-image
51. Prosecute
53. Historical period
57. Firmament
57. A direction (abbr.)



Fast Fitness Crossword

ACROSS

1. Physical activity
9. Nullify
10. Put an H before 10 to get a salad dressing brand
11. Regarding (abbr.)
12. Cambodian currency
13. Mongrel dog
14. Pistol (slang)
15. T.V. award
16. Opposite of isn't
17. World's shape
18. Request made by me (2 words)
19. Opposite of beginnings
20. Lacking moisture

DOWN

1. To make vigorous
2. Hybred effects on plants
3. Water bird, white
4. Scold
5. Certificates (abbr.)
6. That is (abbr.)
8. How often to walk for exercise
11. Foot race participant
13. Was capable of
15. Spinning toy
17. Short for railways
18. Letters after a doctor's name

VENANGO CAMPUS

JUL 25 1990

BULLETIN

PUBLISHED BY THE STUDENTS AND FACULTY
ORIENTATION ISSUE

JUNE 27, 1990

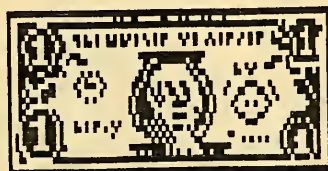
GETTING INVOLVED - A GOOD IDEA !!

Incoming freshmen should consider getting involved with one or more of Venango's clubs and interest groups. After students have completed the yellow "Student Interest Survey" included in their orientation packets, club officers will contact them with information about planned activities and meeting dates.

Students are also encouraged to join the campus extramural program. Venango Campus is a member of the Northwestern Extramural Sport Conference. Our students compete with ones from University of Pittsburgh at Titusville, and the Armstrong and Punxsutawney campuses of Indiana University in softball, tennis, volleyball, basketball, and other sports. INVOLVEMENT IS ONE KEY TO SUCCESS IN COLLEGE -- GET INVOLVED!

Summer Orientation Scholarships -- A Limited Time Offer

A number of scholarships to Venango Campus have been especially reserved for students attending this Summer Orientation/Registration. One application covers all available scholarships. Interested students should pick up this application at the information desk in Rhoades Center and complete it while on campus June 27th. Recipients will be notified in early August.



WORK-STUDY POSITIONS AVAILABLE

There are still several work-study jobs available for the Fall 1990 semester. These paid positions usually involve a commitment of 10 hours a week. Students do everything from mowing grass and assisting with other maintenance chores to monitoring computer labs or assisting with office work. Green applications for work-study are available in the brochure rack outside the Frame Office.



IMPORTANT DATES

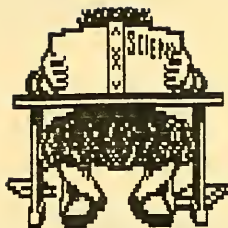
!!!!!!!!!!!!!!

AUGUST 27 - first day of classes
AUGUST 29 - drop/add begins
AUGUST 31 - drop/add ends

Pick up your Student Calendar/Handbooks and Welcome Packets on August 27 in Rhoades Center.

Please check your Student Adviser Handbook and Student Calendar for other important dates throughout the academic year.

Bulletin boards, the electronic sign board, and the black campus sign boards are all good sources of information --- WATCH THEM!!



Tutoring Staff Has Old and New Faces

There will be four student tutors available this Fall to provide free help in a variety of subjects. Returning as tutors will be Don Kellner (math, Accounting, Computer courses) and Eva Struthers (chemistry and math). They will be joined by two new staff members -- Pat Zook (English, Speech, and Humanities) and Doris Krepp (math, Accounting, Computer courses). The graduate assistant/Tutor Supervisor (to be announced) also provides tutoring in his/her subject area.

Stop by the Tutoring Office, 209 Montgomery Hall, early in the Fall semester to check out each tutor's hours.

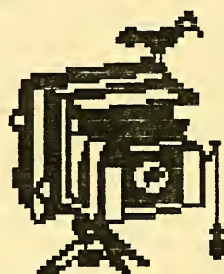
"Discover" Yourself and the World of Work

Job opportunities for the 1990's will be very different from those of the past. Planning a career in turbulent times requires a great deal of thought and information. The DISCOVER computer in the Venango Campus Career Lab (M211) helps students with both. As they interact with DISCOVER's nine modules, students get insight into their own interests and abilities as well as information about which jobs are best suited to them.

Appointments for the DISCOVER career exploration program can be made by phoning 676-6591 ext. 272.

Make sure you get your photo ID taken - this is your ticket to many events on the Venango Campus as well as the Clarion Campus

- it is also your library card!



Browse thru the Bookstore...

Our bookstore will be open today from 11:00 am to 5:00 pm for your shopping pleasure. In the fall semester, the bookstore hours will be posted on various bulletin boards around campus and in the weekly BULLETIN.

Student Senate Positions

There will be 8 positions on the Student Senate in the Fall Semester. Applications for the positions will be available in the Frame Office beginning August 27, 1990.

2293

The Faculty, Staff, and Current Students of Venango Campus wish to Welcome You!



NOV 15 2008

VENANGO CAMPUS

